



Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

Domingo

7:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

8:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

9:00

9:30

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

Técnica

10:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

Open box

10:30

11:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

11:30

12:00

12:30

13:00

Open box

Open box

Open box

Open box

Open box

14:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

14:30

15:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

16:00

17:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

18:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

19:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

20:00

CrossFit

CrossFit

CrossFit

CrossFit

CrossFit

21:00

CrossFit

CrossFit

CrossFit

CrossFit

22:00



*Horario atención al público de 10:00-14:30 y de 18:00-22:00