


	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	
07:00	crosstraining open Box	crosstraining open Box	crosstraining open Box	Endurance open Box	Strongman open Box	 Safari	
08:00	crosstraining open Box	Gimnasticos Princ. open Box	crosstraining open Box	crosstraining open Box	Strongman open Box		
09:00	cross Expres	open Box	cross Expres	open Box	cross Expres		
09:30	crosstraining open Box	crosstraining open Box	crosstraining open Box	Halterofilia Novel open Box	Strongman open Box		
10:30 11:30 12:30	open Box	open Box	open Box	open Box	open Box		Team WOD open Box Gimnasticos Avanz. open Box
13:30	crosstraining open Box	crosstraining open Box	crosstraining open Box	Endurance open Box	Haltero. Med. open Box		
14:30	crosstraining open Box	open Box	crosstraining open Box	open Box	Strongman open Box		
15:30 a 17:00	cerrado	cerrado	cerrado	cerrado	cerrado		
17:00	cross Expres	cerrado	cross Expres	cerrado	cross Expres		
17:30	crosstraining crosskids	crosstraining crosskids	crosstraining crosskids	crosstraining crosskids	Gimnasticos Princ. open Box		17:00
18:30	crosstraining open Box	crosstraining open Box	Halter. Med/Avanz open Box	Endurance open Box	Strongman open Box	18:00	
19:30	Halterof. Novel open Box	Gimnasticos Avanz. Mobility Yoga	crosstraining open Box	Yoga open Box	Strongman open Box	19:00	
20:30	crosstraining open Box	crosstraining open Box	crosstraining open Box	Endurance open Box	Strongman open Box	20:00	