

	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado	
07:00	crosstraining open Box	crosstraining open Box	crosstraining open Box	Endurance open Box	Strongman open Box		
08:00	crosstraining open Box	Gimnásticos Princ. open Box	crosstraining open Box	Haltero Novel/Med open Box	Strongman open Box		
09:00	open Box	open Box	open Box	open Box	open Box		
09:30	crosstraining open Box	crosstraining open Box	crosstraining Body Training	Endurance 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 open Box
13:30	crosstraining open Box	crosstraining open Box	crosstraining open Box	Endurance open Box			
14:30	cerrado	cerrado	cerrado	cerrado	cerrado		
15:30 a 16:30	cerrado	cerrado	cerrado	cerrado	cerrado		
17:00	crosstraining open Box	cerrado	cerrado	cerrado	Strongman open Box		16:00
17:30	crosstraining crosskids	crosstraining open Box	crosstraining crosskids	Body Training Endurance	Gimnásticos Princ. open Box		17:00
18:30	crosstraining open Box	crosstraining open Box	Haltero. Avnz. open Box	Endurance open Box	Strongman open Box	18:00	
19:30	Halterof. Novel open Box	Gimnast Med/Avnz Body Training	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	