

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES		SÁBADO	DOMINGO
7:00-8:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	10:00-11:00	Endurance	
8:15-9:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	11:15-12:15	Endurance	Endurance
						12:30-13:30	Endurance	Endurance
10:30-11:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
11:45-12:45	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
13:00-14:00								
14:30-15:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
16:30-17:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
17:45-18:45	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
19:00-20:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
20:15-21:15	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
21:30-22:30	CrossFit	CrossFit	CrossFit	CrossFit				