

|       | LUNES        | MARTES       | MIÉRCOLES    | JUEVES       | VIERNES      |       | SABADO    | DOMINGO   |
|-------|--------------|--------------|--------------|--------------|--------------|-------|-----------|-----------|
| 7:00  | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 7:00  |           |           |
| 8:00  | Box Libre    | Box Libre    | Box Libre    | Box Libre    | Box Libre    | 8:00  |           |           |
| 9:00  | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 9:00  |           |           |
| 10:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 10:00 | CrossFit  |           |
|       | Especialidad |              | Especialidad |              | Especialidad |       |           |           |
| 11:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 11:00 | Mobility  |           |
| 12:00 | Box Libre    | Box Libre    | Box Libre    | Box Libre    | Box Libre    | 12:00 | Box Libre | Box Libre |
| 13:00 | Box Libre    | Box Libre    | Box Libre    | Box Libre    | Box Libre    | 13:00 | Box Libre |           |
| 14:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 14:00 |           |           |
| 15:00 | Box Libre    | Box Libre    | Box Libre    | Box Libre    | Box Libre    | 15:00 |           |           |
| 16:00 | Box Libre    | Box Libre    | Box Libre    | Box Libre    | Box Libre    | 16:00 |           |           |
| 17:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 17:00 |           |           |
| 18:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     | 18:00 | CrossFit  |           |
| 18:30 | Especialidad |              | Especialidad |              | Especialidad |       |           |           |
| 19:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     |       |           |           |
| 19:30 | CrossFit     | Especialidad | CrossFit     | Especialidad |              |       |           |           |
| 20:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     | CrossFit     |       |           |           |
|       |              |              |              |              | Halterofilia |       |           |           |
| 20:30 | Especialidad | CrossFit     | Especialidad | CrossFit     |              |       |           |           |
| 21:00 | CrossFit     | CrossFit     | CrossFit     | CrossFit     |              |       |           |           |

Especialidades:

- Gymnastics
- Weightlifting
- Endurance

