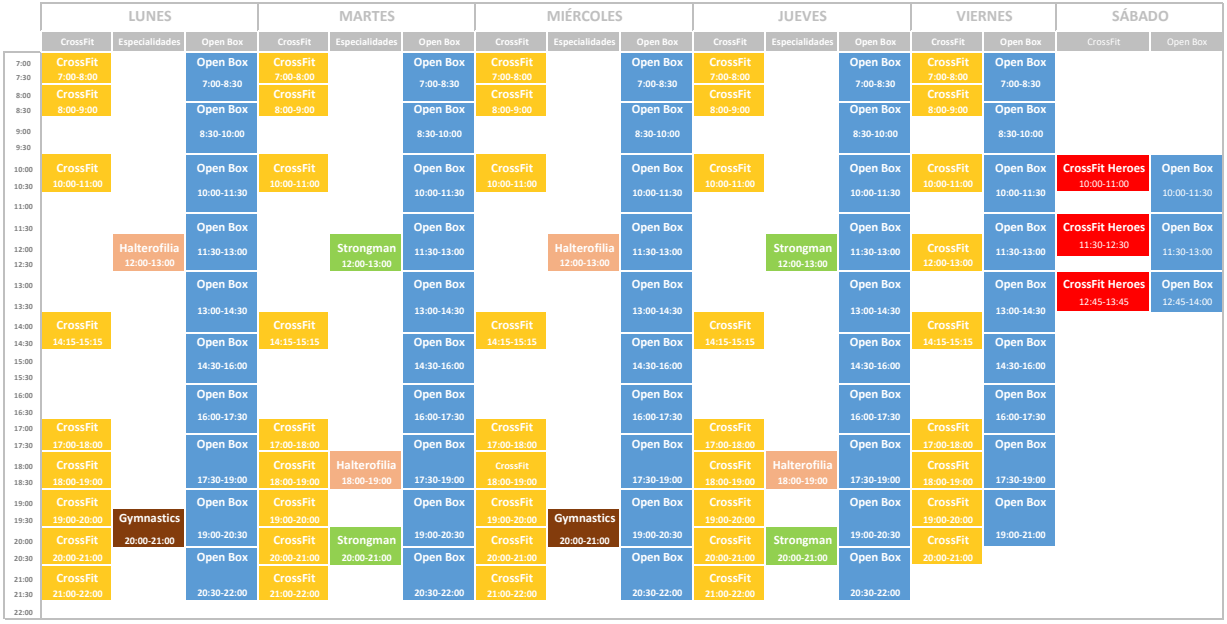
LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES
SÁBADO
CrossFit
Especialidades
Open Box
CrossFit Heroes
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Strongman 12:00-13:00
Gymnastics 20:00-21:00
CrossFit 7:00-8:00
CrossFit 8:00-9:00
CrossFit 10:00-11:00
CrossFit 14:15-15:15
CrossFit 17:00-18:00
CrossFit 18:00-19:00
CrossFit 19:00-20:00
CrossFit 20:00-21:00
CrossFit 21:00-22:00
Open Box 7:00-8:30
Open Box 8:30-10:00
Open Box 10:00-11:30
Open Box 11:30-13:00
Open Box 13:00-14:30
Open Box 14:30-16:00
Open Box 16:00-17:30
Open Box 17:30-19:00
Open Box 19:00-20:30
Open Box 20:30-22:00
CrossFit Heroes 10:00-11:00
CrossFit Heroes 11:30-12:30
CrossFit Heroes 12:45-13:45
Open Box 10:00-11:30
Open Box 11:30-13:00
Open Box 12:45-14:00