



# PROGRAMACIÓN C1 CROSSFIT



HORAS	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	DOMINGO	HORAS
7:00-7:30	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT			7:00-7:30
7:30-8:00													7:30-8:00
8:00-8:30	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT				8:00-8:30
8:30-9:00													8:30-9:00
9:00-9:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			9:00-9:30
9:30-10:00													9:30-10:00
10:00-10:30	CROSSFIT	CF GYMNASTICS	CROSSFIT	C1 TEST	CROSSFIT	C1 TEST	CROSSFIT	C1 TEST	CROSSFIT				10:00-10:30
10:30-11:00													10:30-11:00
11:00-11:30	COLEGIO BRAINS		COLEGIO BRAINS		COLEGIO BRAINS		COLEGIO BRAINS		COLEGIO BRAINS				11:00-11:30
11:30-12:00													11:30-12:00
12:00-12:30	CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT		CROSSFIT				12:00-12:30
12:30-13:00													12:30-13:00
13:00-13:30	OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX				13:00-13:30
13:30-14:00													13:30-14:00
14:00-14:30													14:00-14:30
14:30-15:00	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX	CF STRONGMAN	OPEN BOX	CROSSFIT	OPEN BOX	CROSSFIT	OPEN BOX			14:30-15:00
15:00-15:30													15:00-15:30
15:30-16:00													15:30-16:00
16:00-16:30	OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX				16:00-16:30
16:30-17:00													16:30-17:00
17:00-17:30	CROSSFIT	SPORT SPECIF	CROSSFIT	SPORT SPECIF	CROSSFIT	C1 CROSSFIT	CROSSFIT	SPORT SPECIF	CROSSFIT	SPORT SPECIF			17:00-17:30
17:30-18:00													17:30-18:00
18:00-18:30	CROSSFIT	C1 CROSSFIT	CROSSFIT	CF STRONGMAN	CROSSFIT	CF KIDS	CROSSFIT	CF STRONGMAN	CROSSFIT	CF KIDS			18:00-18:30
18:30-19:00													18:30-19:00
19:00-19:30	CROSSFIT	CF STRONGMAN	CROSSFIT	CF STRIKING	CROSSFIT	CF STRONGMAN	CROSSFIT	CF GYMNASTICS	CROSSFIT	KETTLEBELL			19:00-19:30
19:30-20:00													19:30-20:00
20:00-20:30	CROSSFIT	HALTEROFILIA	CROSSFIT	C1 CROSSFIT	CROSSFIT	CF GYMNASTICS	CROSSFIT	HALTEROFILIA	CROSSFIT	C1 CROSSFIT			20:00-20:30
20:30-21:00													20:30-21:00
21:00-21:30	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	C1 CROSSFIT	CROSSFIT	OPEN BOX			21:00-21:30
21:30-22:00													21:30-22:00

OPEN BOX: Entrenamiento libre. Siempre acompañado y asesorado por uno de nuestros coach.