

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO								
7:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		7:00								
9:30	CROSSFIT	QLAB	CROSSFIT	QLAB	CROSSFIT	QLAB	HYROX	QLAB	HALTERO	10:00 SKILLS	9:30				
10:30	CROSSFIT	CROSSFIT	MIDLINE	CROSSFIT	QMOVE	CROSSFIT	CROSSFIT	CF TEAMS			10:30				
11:30	QLAB	QLAB	QLAB	QLAB	QLAB	QLAB	CROSSFIT	CF TEAMS			11:30				
12:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT						12:00				
13:00	QLAB/OPEN	QLAB/OPEN	QLAB/OPEN	QLAB/OPEN	QLAB/OPEN						13:00				
14:30	CROSSFIT	HALTEROFILIA	CROSSFIT	CROSSFIT	CROSSFIT						14:30				
17:00	CROSSFIT	QLAB	CROSSFIT	QLAB	CROSSFIT	QLAB	CROSS	QLAB	QMOVE	CROSSFIT	QLAB	17:00			
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	HYROX	CROSSFIT					18:00			
19:00	CROSS	QLAB	HALTERO	CROSS	QLAB	HYROX	CROSS	QLAB	HALTERO	CROSS	QLAB	MIDLINE	CROSSFIT	QLAB	19:00
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	QMOVE	CROSSFIT							20:00		
21:00	CROSSFIT	QLAB	CROSSFIT	QLAB	CROSSFIT	QLAB	CROSSFIT	QLAB					21:00		