

CROSSFIT QUO LAB - Horario de Clases

HORA	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
07:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
09:30	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	HYROX BLUE	CROSSFIT BLUE	HYROX PINK	
	QLAB COMPETITORS		QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	
	RITFIT	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	WEIGHTLIFTING BLUE	
10:00							SKILLS BLUE
10:30	CROSSFIT BLUE	CROSSFIT BLUE	MIDLINE PINK	CROSSFIT BLUE	CROSSFIT BLUE	CF TEAM BLUE	
				QMOVE PINK			
11:00							CF TEAM BLUE
11:30	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	CF TEAM BLUE	
						QLAB COMPETITORS	
12:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
13:00	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS		
14:30	CROSSFIT BLUE	CROSSFIT BLUE	WEIGHTLIFTING BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
17:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS	QLAB COMPETITORS		
				QMOVE PINK			
18:00	CROSSFIT BLUE	CROSSFIT BLUE	BUILDER PINK	CROSSFIT BLUE	CROSSFIT BLUE		
			CROSSFIT BLUE	HYROX PINK			
19:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
	QLAB COMPETITORS	HYROX PINK	QLAB COMPETITORS	MIDLINE PINK	QLAB COMPETITORS		
	WEIGHTLIFTING PINK	QLAB COMPETITORS	WEIGHTLIFTING PINK	QLAB COMPETITORS	QLAB COMPETITORS		
20:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE		
	RITFIT		RITFIT	QMOVE PINK			
21:00	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE	CROSSFIT BLUE			

CROSSFIT BLUE
QLAB COMPETITORS
HYROX BLUE
HYROX PINK
WEIGHTLIFTING
MIDLINE PINK
RITFIT
BUILDER / QMOVE
CF TEAM BLUE
SKILLS BLUE