

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

07:00

06:45 - 07:45
CROSSFIT

06:45 - 07:45
CROSSFIT

06:45 - 07:45
CROSSFIT

06:45 - 07:45
CROSSFIT

06:45 - 07:45
CROSSFIT

08:00

09:00

08:15 - 09:15
CROSSFIT

08:15 - 09:15

CROSSFIT

YOGA

08:15 - 09:15
CROSSFIT

08:15 - 09:15

CROSSFIT

YOGA

08:15 - 09:15
CROSSFIT

10:00

09:25 - 10:25
CROSSFIT

09:25 - 10:25
CROSSFIT

09:25 - 10:25
CROSSFIT

09:25 - 10:25
CROSSFIT

09:25 - 10:25
CROSSFIT

09:30 - 10:30
MEGAWOD

11:00

10:30 - 11:30
CROSSFIT

10:30 - 11:30
CROSSFIT

10:30 - 11:30
CROSSFIT

10:30 - 11:30
CROSSFIT

10:30 - 11:30
CROSSFIT

12:00

13:00

OPENBOX
DE 09:00
A 14:00

OPENBOX
DE 09:00
A 14:00

14:00

14:15 - 15:15
CROSSFIT

14:15 - 15:15
CROSSFIT

14:15 - 15:15
CROSSFIT

14:15 - 15:15
CROSSFIT

14:15 - 15:15
CROSSFIT

15:00

15:30 - 16:30
CROSSFIT

15:30 - 16:30
CROSSFIT

15:30 - 16:30
CROSSFIT

15:30 - 16:30
CROSSFIT

15:30 - 16:30
CROSSFIT

16:00

17:00

17:15 - 18:15
CROSSFIT

17:15 - 18:15
CROSSFIT

17:15 - 18:15
CROSSFIT

17:15 - 18:15
CROSSFIT

17:15

17:30

CROSSFIT

YOGA

18:00

18:20 - 19:20

CROSSFIT

HALTEROFILIA

18:20 - 19:20
CROSSFIT

18:20 - 19:20

CROSSFIT

HALTEROFILIA

18:20 - 19:20
CROSSFIT

18:20 - 19:20
CROSSFIT

19:00

19:25 - 20:25

CROSSFIT

HALTEROFILIA

19:25 - 20:25

CROSSFIT

YOGA

19:25 - 20:25

CROSSFIT

HALTEROFILIA

19:25 - 20:25
CROSSFIT

19:25 - 20:25
CROSSFIT

20:00

20:30 - 21:30
CROSSFIT

20:30 - 21:30
CROSSFIT

20:30 - 21:30
CROSSFIT

20:30 - 21:30
CROSSFIT

21:00

22:00

OPENBOX
DE 06:30
A 22:00

OPENBOX
DE 06:30
A 22:00

OPENBOX
DE 06:30
A 22:00

OPENBOX
DE 06:30
A 22:00

OPENBOX
DE 06:30
A 20:45