

HORARIOS DE ENTRENAMIENTO GRANADA

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00							
15		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							
8:00	CROSSFIT				CROSSFIT		
15							
30		PERFORMANCE	PERFORMANCE	SINGULAR COURSE	CROSSFIT		
45							
9:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
10:00	CROSSFIT		CROSSFIT	CROSSFIT			
15							
30		SINGULAR COURSE	CROSSFIT	CROSSFIT	SINGULAR COURSE	SINGULAR COURSE	REPASO DE HALTEROFILIA
45							
11:00		CROSSFIT	CROSSFIT				REPASO DE KETTLEBELLS
15					PERFORMANCE		
30	PERFORMANCE						
45							
12:00	CROSSFIT			CROSSFIT	CROSSFIT		OPEN BOX
15							
30		PERFORMANCE	PERFORMANCE	CROSSFIT	CROSSFIT		
45							
13:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30						PERFORMANCE	
45							
14:00							
15							
30							
45	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15:00		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
16:00							
15							
30		PERFORMANCE	CROSSFIT		PERFORMANCE		
45							
17:00	CROSSFIT	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT	CROSSFIT		
15							
30						SINGULAR COURSE	
45							
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30		SINGULAR COURSE	PERFORMANCE	PERFORMANCE	SINGULAR COURSE	CROSSFIT	
45							
19:00	CROSSFIT				CROSSFIT	CROSSFIT	
15							
30		PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
45							
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							