HORARIOS DE ENTRENAMIENTO MADRID

CrossFit SINGULARBOX MADRID

LUNES

7:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL	EXTRA WORK
15				
30				
45				
8:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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9:00	CROSSFIT			EXTRA WORK
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10:00	CROSSFIT			EXTRA WORK
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11:00	CROSSFIT			EXTRA WORK
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12:00	CROSSFIT			EXTRA WORK
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13:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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14:00				EXTRA WORK
15				
30	CROSSFIT (2 clases)	PERFORMANCE		
45				
15:00				EXTRA WORK
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16:00	CROSSFIT		CROSSFIT FOOTBALL	EXTRA WORK
15				
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17:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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18:00	CROSSFIT (2 clases)	PERFORMANCE	PARKOUR INFANTIL	EXTRA WORK
15				
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19:00	CROSSFIT (2 clases)	PERFORMANCE	CROSSFIT ENDURANCE	EXTRA WORK
15				
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45				
20:00	CROSSFIT	CROSSFIT FOOTBALL	KETTLEBELLS	EXTRA WORK
15				
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45				
21:00	CROSSFIT	PERFORMANCE	HALTERO iniciación	EXTRA WORK
15				
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MARTES

7:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL	EXTRA WORK
15				
30				
45				
8:00	CROSSFIT	PERFORMANCE	CROSSFIT ENDURANCE	EXTRA WORK
15				
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45				
9:00	CROSSFIT			EXTRA WORK
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10:00	CROSSFIT			EXTRA WORK
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11:00	CROSSFIT			EXTRA WORK
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12:00	CROSSFIT			EXTRA WORK
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13:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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14:00				EXTRA WORK
15				
30	CROSSFIT (2 clases)	PERFORMANCE		
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15:00				EXTRA WORK
15				
30				
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16:00	CROSSFIT		CROSSFIT FOOTBALL	EXTRA WORK
15				
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17:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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45				
18:00	CROSSFIT (2 clases)	PERFORMANCE	GYMNASTIC	EXTRA WORK
15				
30				
45				
19:00	CROSSFIT (2 clases)	PERFORMANCE	ROW	EXTRA WORK
15				
30				
45				
20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL	EXTRA WORK
15				
30				
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21:00	CROSSFIT	PERFORMANCE		EXTRA WORK
15				
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MIÉRCOLES

7:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL			EXTRA WORK
15						
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8:00	CROSSFIT	PERFORMANCE				EXTRA WORK
15						
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45						
9:00	CROSSFIT					EXTRA WORK
15						
30						
45						
10:00	CROSSFIT		GYMNASTIC			EXTRA WORK
15						
30						
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11:00	CROSSFIT					EXTRA WORK
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12:00	CROSSFIT		HALTERO			EXTRA WORK
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13:00	CROSSFIT	PERFORMANCE				EXTRA WORK
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14:00						EXTRA WORK
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30	CROSSFIT (2 clases)	PERFORMANCE				
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15:00						EXTRA WORK
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16:00	CROSSFIT		CROSSFIT FOOTBALL			EXTRA WORK
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17:00	CROSSFIT	PERFORMANCE				EXTRA WORK
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18:00	CROSSFIT	PERFORMANCE	KETTLEBELLS	STRETCHING	PARKOUR ADULTOS	EXTRA WORK
15						
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19:00	CROSSFIT (2 clases)	PERFORMANCE		CROSSFIT ENDURANCE		EXTRA WORK
15						
30						
45						
20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL			EXTRA WORK
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21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA			EXTRA WORK
15						
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JUEVES

7:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		EXTRA WORK
15					
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8:00	CROSSFIT	PERFORMANCE	CROSSFIT ENDURANCE		EXTRA WORK
15					
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9:00	CROSSFIT				EXTRA WORK
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10:00	CROSSFIT				EXTRA WORK
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11:00	CROSSFIT				EXTRA WORK
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12:00	CROSSFIT				EXTRA WORK
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13:00	CROSSFIT	PERFORMANCE			EXTRA WORK
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14:00					EXTRA WORK
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30	CROSSFIT (2 clases)	PERFORMANCE			
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15:00					EXTRA WORK
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16:00	CROSSFIT		CROSSFIT FOOTBALL		EXTRA WORK
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17:00	CROSSFIT	PERFORMANCE			EXTRA WORK
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18:00	CROSSFIT (2 clases)	PERFORMANCE	ROW	PARKOUR JÓVENES	EXTRA WORK
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19:00	CROSSFIT (2 clases)	PERFORMANCE	KETTLEBELLS		EXTRA WORK
15					
30					
45					
20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		EXTRA WORK
15					
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45					
21:00	CROSSFIT	PERFORMANCE	HALTERO iniciación		EXTRA WORK
15					
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VIERNES

7:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL	EXTRA WORK
15				
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8:00	CROSSFIT	PERFORMANCE		EXTRA WORK
15				
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9:00	CROSSFIT			EXTRA WORK
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10:00	CROSSFIT			EXTRA WORK
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11:00	CROSSFIT			EXTRA WORK
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12:00	CROSSFIT		HALTERO	EXTRA WORK
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13:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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30	CROSSFIT (2 clases)	PERFORMANCE		
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16:00	CROSSFIT		CROSSFIT FOOTBALL	EXTRA WORK
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17:00	CROSSFIT	PERFORMANCE		EXTRA WORK
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45				
18:00	CROSSFIT (2 clases)	PERFORMANCE	GYMNASTIC	EXTRA WORK
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19:00	CROSSFIT (2 clases)	PERFORMANCE		EXTRA WORK
15				
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45				
20:00	CROSSFIT	STRETCHING	CROSSFIT FOOTBALL	EXTRA WORK
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21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA	EXTRA WORK
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SÁBADO

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10:00	CROSSFIT	PARKOUR JÓVENES	EXTRA WORK
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11:00	CROSSFIT		EXTRA WORK
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30		PARKOUR ADULTOS	
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12:00	CROSSFIT		EXTRA WORK
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13:00	CROSSFIT STRONGMAN	PARKOUR INFANTIL	EXTRA WORK
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17:00	PERFORMANCE		EXTRA WORK
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18:00	CROSSFIT		EXTRA WORK
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19:00	CROSSFIT FOOTBALL		EXTRA WORK
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DOMINGO

7:00			
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10:00	REPASO DE HALTEROFILIA	PARKOUR INFANTIL	OPEN BOX
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45			
11:00	REPASO DE KETTLEBELLS	PARKOUR ADULTOS	
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12:00			
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30		PARKOUR JÓVENES	
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