

HORARIOS DE ENTRENAMIENTO MADRID



LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES					SÁBADO					DOMINGO				
7:00					7:00					7:00					7:00					7:00					7:00					7:00				
15	CROSSFIT (2 clases)	PERFORMANCE			15	CROSSFIT (2 clases)	PERFORMANCE			15	CROSSFIT (2 clases)	PERFORMANCE			15	CROSSFIT (2 clases)	PERFORMANCE			15	CROSSFIT (2 clases)	PERFORMANCE			15					15				
30					30					30					30					30					30					30				
45					45					45					45					45					45					45				
8:00	CROSSFIT	PERFORMANCE			8:00	CROSSFIT	PERFORMANCE	METABOLIC		8:00	CROSSFIT	PERFORMANCE			8:00	CROSSFIT	PERFORMANCE	METABOLIC		8:00	CROSSFIT	PERFORMANCE			8:00					8:00				
15					15					15					15					15					15					15				
30					30					30					30					30					30					30				
45					45					45					45					45					45					45				
9:00	CROSSFIT				9:00	CROSSFIT				9:00	CROSSFIT				9:00	CROSSFIT				9:00	CROSSFIT				9:00					9:00				
15					15					15					15					15					15					15				
30					30					30					30					30					30					30				
45					45					45					45					45					45					45				
10:00	CROSSFIT				10:00	CROSSFIT		GYMNASTIC		10:00	CROSSFIT				10:00	CROSSFIT				10:00	CROSSFIT				10:00	CROSSFIT	PARKOUR JÓVENES		10:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
11:00	CROSSFIT				11:00	CROSSFIT				11:00	CROSSFIT				11:00	CROSSFIT				11:00	CROSSFIT				11:00				11:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
12:00	CROSSFIT				12:00	CROSSFIT				12:00	CROSSFIT		HALTEROFILIA		12:00	CROSSFIT				12:00	CROSSFIT				12:00				12:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
13:00	CROSSFIT	PERFORMANCE			13:00	CROSSFIT	PERFORMANCE			13:00	CROSSFIT	PERFORMANCE			13:00	CROSSFIT	PERFORMANCE			13:00	CROSSFIT	PERFORMANCE			13:00				13:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
14:00					14:00					14:00					14:00					14:00					14:00				14:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45	CROSSFIT (2 clases)	PERFORMANCE			45	CROSSFIT (2 clases)	PERFORMANCE			45	CROSSFIT (2 clases)	PERFORMANCE			45	CROSSFIT (2 clases)	PERFORMANCE			45	CROSSFIT (2 clases)	PERFORMANCE			45			45						
15:00					15:00					15:00					15:00					15:00					15:00				15:00					
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
16:00	CROSSFIT	CROSSFIT FOOTBALL			16:00	CROSSFIT		CROSSFIT FOOTBALL		16:00	CROSSFIT		CROSSFIT FOOTBALL		16:00	CROSSFIT		CROSSFIT FOOTBALL		16:00	CROSSFIT		CROSSFIT FOOTBALL		16:00			16:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
17:00	CROSSFIT	PERFORMANCE	GYMNASTIC		17:00	CROSSFIT	PERFORMANCE	HALTEROFILIA		17:00	CROSSFIT	PERFORMANCE	STRETCHING		17:00	CROSSFIT	PERFORMANCE	HALTERO		17:00	CROSSFIT	PERFORMANCE	GYMNASTIC		17:00			17:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
18:00	CROSSFIT (2 clases)	PERFORMANCE		PARKOUR INFANTIL	18:00	CROSSFIT (2 clases)	PERFORMANCE			18:00	CROSSFIT (2 clases)	PERFORMANCE	KETTLEBELLS	PARKOUR ADULTOS	18:00	CROSSFIT (2 clases)	PERFORMANCE	ROW		18:00	CROSSFIT (2 clases)	PERFORMANCE			18:00			18:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
19:00	CROSSFIT (2 clases)	PERFORMANCE	CROSSFIT ENDURANCE		19:00	CROSSFIT (2 clases)	PERFORMANCE	ROW		19:00	CROSSFIT (2 clases)	PERFORMANCE	CROSSFIT ENDURANCE		19:00	CROSSFIT (2 clases)	PERFORMANCE	KETTLEBELLS	PARKOUR OUTDOOR	19:00	CROSSFIT (2 clases)	PERFORMANCE			19:00			19:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
20:00	CROSSFIT	CROSSFIT FOOTBALL	KETTLEBELLS		20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		20:00	CROSSFIT	STRETCHING	CROSSFIT FOOTBALL		20:00			20:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					
21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA		21:00	CROSSFIT	PERFORMANCE			21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA		21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA		21:00	CROSSFIT	PERFORMANCE	HALTEROFILIA		21:00			21:00						
15					15					15					15					15					15				15					
30					30					30					30					30					30				30					
45					45					45					45					45					45				45					