HORARIOS DE ENTRENAMIENTO MADRID PARA AGOSTO

CrossFit SINGULARBOX MADRID

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
8:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
9:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
10:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	REPASO DE HALTEROFILIA
15							
30							
45							
11:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	REPASO DE KETTLEBELLS
15							
30							
45							
12:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	OPEN BOX
15							
30							
45							
13:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT STRONGMAN	
15							
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45							
14:00							
15							
30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
45							
15:00							
15							
30							
45							
16:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	PERFORMANCE	
15							
30							
45							
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
15							
30							
45							
19:00	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT FOOTBALL	
15							
30							
45							
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
30							
45							
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
15							
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	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
15							
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8:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
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12:00			HALTERO		HALTERO		
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13:00	PERFORMANCE	PERFORMANCE		PERFORMANCE	PERFORMANCE		
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14:00							
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30	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
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17:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	
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18:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	CROSSFIT	
15							
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19:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	CROSSFIT FOOTBALL	
15							
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45							
20:00	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	STRETCHING		
15							
30							
45							
21:00	HALTERO iniciación		HALTEROFILIA	HALTERO iniciación	HALTEROFILIA		
15							
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	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	EXTRA WORK	CROSSFIT ENDURANCE	EXTRA WORK	CROSSFIT ENDURANCE	EXTRA WORK		
15							
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8:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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9:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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10:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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11:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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12:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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13:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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14:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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15:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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16:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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17:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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18:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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19:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	
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20:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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21:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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