HORARIOS DE ENTRENAMIENTO MADRID

CrossFit SINGULARBOX MADRID

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)		
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						PARKOUR JÓVENES	
45							
11:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	REPASO DE KETTLEBELLS
15							
30						PARKOUR ADULTOS	
45							
12:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
15							
30							
45							
13:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT STRONGMAN	
15							
30						PARKOUR INFANTIL	
45							
14:00							
15							
30	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)		
45							
15:00							
15							
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16:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
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17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
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18:00	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT	CROSSFIT (2 clases)	CROSSFIT (2 clases)		
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19:00	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)	CROSSFIT (2 clases)		
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20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
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21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
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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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9:00							
15							
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45							
10:00					GYMNASTIC	PARKOUR JÓVENES	PARKOUR INFANTIL
15							
30							
45							
11:00						PARKOUR ADULTOS	PARKOUR ADULTOS
15							
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12:00					HALTEROFILIA		
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45							
13:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PARKOUR INFANTIL	PARKOUR JÓVENES
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14:00							
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30	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
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15:00							
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16:00	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL		
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17:00	PERFORMANCE	PERFORMANCE	STRETCHING	HALTERO	PERFORMANCE	PERFORMANCE	
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18:00	PERFORMANCE	PERFORMANCE	KETTLEBELLS	ROW	PERFORMANCE	CROSSFIT	
15							
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19:00	PERFORMANCE	PERFORMANCE	CROSSFIT ENDURANCE	KETTLEBELLS	PERFORMANCE	PERFORMANCE	
15							
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45							
20:00	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	CROSSFIT FOOTBALL	STRETCHING		
15							
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45							
21:00	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
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	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	EXTRA WORK		EXTRA WORK	EXTRA WORK	EXTRA WORK		
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8:00	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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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		
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18:00	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		
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20:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
15							
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21:00	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK	EXTRA WORK		
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ÚLTIMA ACTUALIZACIÓN: 01 ENERO 2018