

HORARIOS DE ENTRENAMIENTO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00							
15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							
8:00							
15	PERFORMANCE						
30		PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
45							
9:00							
15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							
10:00							
15	CROSSFIT	MASTERS	MASTERS	GYMNASTIC	MASTERS		REPASO DE HALTEROFILIA
30							
45							
11:00							
15		CROSSFIT	CROSSFIT	PERFORMANCE	PERFORMANCE		REPASO DE KETTLEBELLS
30						CROSSFIT	
45							
12:00							
15	INTRODUCCIÓN A LA HALTEROFILIA			CROSSFIT	CROSSFIT	CROSSFIT	
30		PERFORMANCE	PERFORMANCE				
45							
13:00							
15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							
14:00							
15							
30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
45		PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE		
15:00							
15							
30							
45							
16:00							
15							
30							
45							
17:00							
15	GYMNASTIC	INTRODUCCIÓN A LA HALTEROFILIA	CROSSFIT	CROSSFIT	CROSSFIT		
30		PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	
45							
18:00							
15	CFF	CFF	CFF	CFF	CFF		
30	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	PERFORMANCE	CROSSFIT	
45							
19:00							
15	CROSSFIT	PERFORMANCE	PERFORMANCE	CROSSFIT	CROSSFIT	CROSSFIT	
30							
45							
20:00							
15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							
21:00							
15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
30							
45							