HORARIOS DE ENTRENAMIENTO MADRID

CrossFit SINGULARBOX MADRID

	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO				DOMINGO			
7:00	CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE										
8:00	CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE										
9:00	CROSSFIT				CROSSFIT				CROSSFIT				CROSSFIT				CROSSFIT											
10:00	CROSSFIT			AEROBIC CAPACITY	CROSSFIT		GYMNASTIC		CROSSFIT		AEROBIC CAPACITY		CROSSFIT		CORE		CROSSFIT		GYMNASTIC		CROSSFIT	PARKOUR JÓVENES			REPASO DE HALTEROFILIA	PARKOUR INFANTIL		OPEN BOX
11:00	CROSSFIT			CORE	CROSSFIT			HALTEROFILIA	CROSSFIT				CROSSFIT		STRETCHING		CROSSFIT		HALTEROFILIA		CROSSFIT	PARKOUR ADULTOS		EXTRA WORK	REPASO DE KETTLEBELLS	PARKOUR ADULTOS		
12:00	CROSSFIT				CROSSFIT				CROSSFIT				CROSSFIT				CROSSFIT				CROSSFIT							
13:00	CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT STRONGMAN	PARKOUR INFANTIL				PARKOUR JÓVENES		
14:00																												
15:00	CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE			CROSSFIT	PERFORMANCE										
16:00	CROSSFIT		CROSSFIT FOOTBALL		CROSSFIT	CROSSFIT FOOTBALL			CROSSFIT FOOTBALL		STRETCHING		CROSSFIT		CROSSFIT FOOTBALL		CROSSFIT	CROSSFIT FOOTBALL										
17:00	CROSSFIT	PERFORMANCE	GYMNASTIC	CORE	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE		CORE	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE	GYMNASTIC		PERFORMANCE			EXTRA WORK				
18:00	CROSSFIT	PERFORMANCE	AEROBIC CAPACITY	PARKOUR INFANTIL	CROSSFIT	PERFORMANCE	AEROBIC CAPACITY		CROSSFIT (2 clases)	PERFORMANCE			CROSSFIT	PERFORMANCE	AEROBIC CAPACITY		CROSSFIT (2 clases)	PERFORMANCE		PARKOUR ADULTOS	CROSSFIT							
19:00	CROSSFIT	PERFORMANCE	KETTLEBELLS		CROSSFIT (2 clases)	PERFORMANCE			CROSSFIT (2 clases)	PERFORMANCE	AEROBIC CAPACITY		CROSSFIT (2 clases)	PERFORMANCE	KETTLEBELLS		CROSSFIT (2 clases)	PERFORMANCE	STRETCHING		PERFORMANCE							
20:00	CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL		CROSSFIT	PERFORMANCE	CROSSFIT FOOTBALL										
21:00	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE		HALTEROFILIA	CROSSFIT	PERFORMANCE										

ÚLTIMA ACTUALIZACIÓN: 01 OCTUBRE 2019