

HORARIOS DE ENTRENAMIENTO MADRID

CrossFit

SINGULARBOX

MADRID

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO	DOMINGO
7:00																	
15	CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE			
30																	
45																	
8:00																	
15	CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE			
30																	
45																	
9:00																	
15																	
30	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT				
45																	
10:00	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE		
15																	
30																	
45																	
11:00	CROSSFIT		CORE ONLINE	CROSSFIT		STRETCHING ONLINE	CROSSFIT		CORE ONLINE	CROSSFIT		STRETCHING ONLINE	CROSSFIT		CORE ONLINE		
15																	
30																	
45																	
12:00	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE	CROSSFIT		CROSSFIT ONLINE		
15																	
30																	
45																	
13:00																	
15	CROSSFIT		STRETCHING ONLINE	CROSSFIT (2 CLASES)			CROSSFIT (2 CLASES)			CROSSFIT (2 CLASES)			CROSSFIT (2 CLASES)				
30																	
45																	
14:00																	
15																	
30	CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE		CROSSFIT	PERFORMANCE			
45																	
15:00	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT				
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30																	
45	CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT			CROSSFIT				
16:00																	
15																	
30																	
45																	
17:00	CROSSFIT (2 CLASES)	PERFORMANCE	MAYORES ONLINE	CROSSFIT (2 CLASES)	PERFORMANCE		CROSSFIT (2 CLASES)	PERFORMANCE	MAYORES ONLINE	CROSSFIT (2 CLASES)	PERFORMANCE		CROSSFIT (2 CLASES)	PERFORMANCE	MAYORES ONLINE		
15																	
30																	
45																	
18:00																	
15	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE		
30																	
45																	
19:00																	
15																	
30	CROSSFIT	PERFORMANCE	AEROBIC CAPACITY ONLINE	CROSSFIT	PERFORMANCE	CORE ONLINE	CROSSFIT	PERFORMANCE	AEROBIC CAPACITY ONLINE	CROSSFIT	PERFORMANCE	CORE ONLINE	CROSSFIT	PERFORMANCE	STRETCHING ONLINE		
45																	
20:00																	
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30																	
45																	
21:00	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE	CROSSFIT	PERFORMANCE	CROSSFIT ONLINE		
15																	
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