## **HORARIO CROSSFIT SINGULAR BOX GRANADA 2024**

	LUNES					MARTES					MIÉRCOLES					JUEVES				VIERNES					SÁBADO		
7:00					7:00					7:00					7:00					7:00							
	CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&			
8:00				THE ROOF	8:00				THE ROOF	8:00				THE ROOF	8:00				THE ROOF	8:00				THE ROOF			
8:05					8:05					8:05					8:05					8:05							
	CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&			PERFORMANCE		EXTRA WORK&			
	Chossiii	T EIG OIGNANCE		THE ROOF		CHOSSIII	T EM OMNANCE		THE ROOF		CHOSSIII	T EIU OIUMAITEE		THE ROOF		CHOSSIII	I EM OMNANCE		THE ROOF			MAU		THE ROOF			
9:05 9:10					9:05 9:10					9:05 9:10					9:05 9:10					9:05 9:10							
	CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT			EXTRA WORK&			
	CROSSFII	PERFORMANCE		THE ROOF		CROSSFII	PERFORMANCE		THE ROOF		CROSSFII	PERFORMANCE		THE ROOF		CROSSFII	PERFORMANCE		THE ROOF		CROSSFII			THE ROOF			
10:10 10:15					10:10 10:15					10:10 10:15					10:10 10:15					10:10 10:15					10:00		
10.15		PERFORMANCE		EXTRA WORK&	10.15		PERFORMANCE	HALTEROFILIA	EXTRA WORK&	10.15		PERFORMANCE	GYMNASTIC	EXTRA WORK&	10.15		PERFORMANCE	HAITEROFILIA	EXTRA WORK&	10.15		PERFORMANCE		EXTRA WORK&	10:00	CROSSEIT	EXTRA WORK&
		PERFORMANCE		THE ROOF			PERFORMANCE	HALIEKOFILIA	THE ROOF			PERFORMANCE	GYMNASTIC	THE ROOF			PERFORMANCE	HALIEKOFILIA	THE ROOF			PERFORMANCE		THE ROOF		CROSSFII	THE ROOF
11:15 11:20					11:15 11:20					11:15 11:20					11:15 11:20					11:15 11:20					11:15 11:25		
11:20				EXTRA WORK&	11:20				EXTRA WORK&	11:20				EXTRA WORK&	11:20				EXTRA WORK&	11:20				EXTRA WORK&	11:25	CROSSFIT	EXTRA WORK&
	CROSSFIT			THE ROOF		CROSSFIT			THE ROOF		CROSSFIT			THE ROOF		CROSSFIT			THE ROOF		CROSSFIT			THE ROOF		STRONGMAN	THE ROOF
12:20					12:20					12:20					12:20					12:20					12:50		
12:25				EXTRA WORK&	12:25				EXTRA WORK&	12:25				EXTRA WORK&	12:25				EXTRA WORK&	12:25				EXTRA WORK&	12:55		EXTRA WORK&
			METABOLIC	THE ROOF			PERFORMANCE		THE ROOF				METABOLIC	THE ROOF			PERFORMANCE		THE ROOF			PERFORMANCE		THE ROOF		PERFORMANCE	THE ROOF
13:25					13:25					13:25					13:25					13:25					13:45		
13:30					13:30					13:30					13:30					13:30							
	CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF			
14:30					14:30					14:30					14:30					14:30							
14:35					14:35		1			14:35					14:35					14:35							
	CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&	- 1.00	CROSSFIT			EXTRA WORK&		CROSSFIT			EXTRA WORK&			
	CROSSFII			THE ROOF		CROSSFII			THE ROOF		CROSSFII			THE ROOF		CROSSFII			THE ROOF		CROSSFII			THE ROOF			
15:35 15:35					15:35 15:35		-			15:35 15:35					15:35 15:35					15:35 15:35							
15.55	STRENGTH			EXTRA WORK&	13.33	CROSSFIT			EXTRA WORK&	13.33	STRENGTH			EXTRA WORK&	13.33	CROSSFIT			EXTRA WORK&	13.33	STRENGTH			EXTRA WORK&			
	STRENGTH			THE ROOF		CROSSFIT			THE ROOF		STRENGTH			THE ROOF		CROSSFIT			THE ROOF		STRENGTH			THE ROOF	16:00		
16:35					16:35					16:35					16:35					16:35						PERFORMANCE	EXTRA WORK&
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16:40					16:40		İ			16:40					16:40					16:40					17:00		
	CROSSFIT		HALTEROFILIA	EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT			EXTRA WORK& THE ROOF		CROSSFIT		HALTEROFILIA	EXTRA WORK& THE ROOF		CROSSFIT	EXTRA WORK& THE ROOF
17:40				THE ROOF	17:40				THE ROOF	17:40				THE ROOF	17:40				THE ROOF	17:40				THE ROOF	18:00		THE ROOF
17:45					17:45					17:45			,		17:45					17:45					10.00		
	CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&		CROSSFIT	PERFORMANCE		EXTRA WORK&			
18:45				THE ROOF	18:45				THE ROOF	18:45				THE ROOF	18:45				THE ROOF	18:45				THE ROOF			
18:50					18:50					18:50					18:50					18:50							
	CROSSFIT	PERFORMANCE	METABOLIC			CROSSFIT	PERFORMANCE	GYMNASTIC			CROSSFIT	PERFORMANCE	METABOLIC			CROSSFIT	PERFORMANCE	GYMNASTIC			CROSSFIT	PERFORMANCE		EXTRA WORK&			
10:50					10:50					10:50					10:50					10:50				THE ROOF			
19:50 19:55					19:50 19:55	CROSSFIT				19:50 19:55					19:50 19:55					19:50 19:55							
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26.55	CNOSSFII	. ERFORMANCE		THE ROOF	24		. ERFORWANCE		THE ROOF	20.55	CROSSFII	. ENFORMANCE		THE ROOF		CNOSSFII	. ERFORMANCE		THE ROOF	26.77	CNOSSFII	. ENFORMANCE		THE ROOF			
20:55					20:55					20:55					20:55					20:55							
21.00	CDOCCETT	DEDECORALISE		EXTRA WORK&	22.00	CROSSFIT	PERFORMANCE		EXTRA WORK&	21.00	CROSSFIT	DEDECOMANICS		EXTRA WORK&	21.00	CDOCCCIA	PERFORMANCE		EXTRA WORK&	21.00				EXTRA WORK&			
	CROSSFIT	PERFORMANCE		THE ROOF		CRUSSFIT	PERFURMANCE		THE ROOF		CKUSSFIT	PERFORMANCE		THE ROOF		CROSSFIT	PERFURMANCE		THE ROOF					THE ROOF			
22:00					22:00					22:00					22:00					22:00							