

# HORARIOS MADRID

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