

# HORARIO CROSSFIT SINGULAR BOX GRANADA 2025

	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO						
7:00	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							
8:00																											
8:05	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF							
9:05																											
9:10	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF				EXTRA WORK THE ROOF							
10:10																											
10:15		PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE	HALTEROFILIA	EXTRA WORK THE ROOF		PERFORMANCE	GYMNASTIC	EXTRA WORK THE ROOF		PERFORMANCE	HALTEROFILIA	EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF		10:00					
11:15																											
11:20	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		11:15	CROSSFIT	EXTRA WORK THE ROOF			
12:20																											
12:25		PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF		PERFORMANCE		EXTRA WORK THE ROOF		12:50	CROSSFIT STRONGMAN	EXTRA WORK THE ROOF			
13:25																											
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		12:55	PERFORMANCE	EXTRA WORK THE ROOF			
14:30																											
14:35	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							
15:35																											
15:35	STRENGTH			EXTRA WORK THE ROOF	STRENGTH			EXTRA WORK THE ROOF	STRENGTH			EXTRA WORK THE ROOF	STRENGTH			EXTRA WORK THE ROOF	CROSSFIT			EXTRA WORK THE ROOF							
16:35																											
16:40	CROSSFIT		HALTEROFILIA	EXTRA WORK THE ROOF	CROSSFIT			EXTRA WORK THE ROOF	CROSSFIT			EXTRA WORK THE ROOF	CROSSFIT			EXTRA WORK THE ROOF	CROSSFIT			EXTRA WORK THE ROOF		16:00	PERFORMANCE	EXTRA WORK THE ROOF			
17:40																											
17:45	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF		17:00	CROSSFIT	EXTRA WORK THE ROOF			
18:45																											
18:50	CROSSFIT	PERFORMANCE	AEROBIC CAPACITY		CROSSFIT	PERFORMANCE	GYMNASTIC		CROSSFIT	PERFORMANCE	AEROBIC CAPACITY		CROSSFIT	PERFORMANCE	GYMNASTIC		CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF							
19:50																											
19:55	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF							
20:55																											
21:00	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF	CROSSFIT	PERFORMANCE		EXTRA WORK THE ROOF											
22:00																											