

HORARIO CROSSFIT SINGULAR BOX GRANADA 2025

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