

HORARIOS MADRID



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