

Z30 CROSSFIT / HALTEROFILIA

Hora/Dia	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:00		CROSSFIT		CROSSFIT			
9:00	CROSSFIT		CROSSFIT		CROSSFIT		
9:30		HALTEROFILIA					
9:45		MOBILITY		MOBILITY			
10:00						CROSSFIT	CROSSFIT
10:15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
10:30		HALTEROFILIA					
12:00	CROSSFIT	CF ENDURANCE	CROSSFIT		CROSSFIT	CROSSFIT	
13:00				MOBILITY			
13:30		CROSSFIT		CROSSFIT			
14:15	CROSSFIT		CROSSFIT		CROSSFIT		
15:30		CROSSFIT		CROSSFIT	CF ENDURANCE		
16:30	MOBILITY	MOBILITY					
17:00	CROSSFIT	CROSSFIT	CROSSFIT	GIMNASTICOS	CROSSFIT		
				CROSSFIT			
18:00	HALTEROFILIA	CROSSFIT	HALTEROFILIA	CF ENDURANCE	HALTEROFILIA		
				CROSSFIT			
18:15	CROSSFIT		CROSSFIT		CROSSFIT		
			CF ENDURANCE				
18:30		HALTEROFILIA NIÑOS		HALTEROFILIA			
19:15		CROSSFIT		CROSSFIT			
19:30	CROSSFIT	HALTEROFILIA	CROSSFIT		CROSSFIT		
20:00				MOBILITY			
20:30		CROSSFIT		CROSSFIT			
20:45	CROSSFIT		CROSSFIT				

HORARIOS Open Z30

Hora/Día	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
8:00		OPEN		OPEN			
9:00	OPEN	OPEN	OPEN	OPEN	OPEN		
10:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
11:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
12:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
13:00	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	
14:00	OPEN	OPEN	OPEN	OPEN	OPEN		
15:00	OPEN	OPEN	OPEN	OPEN	OPEN		
16:00	OPEN	OPEN	OPEN	OPEN	OPEN		
17:00	OPEN	OPEN	OPEN	OPEN	OPEN		
18:00	OPEN	OPEN	OPEN	OPEN	OPEN		
19:00	OPEN	OPEN	OPEN	OPEN	OPEN		
20:00	OPEN	OPEN	OPEN	OPEN	OPEN		
21:00	OPEN	OPEN	OPEN	OPEN	OPEN		



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