

# CROSSFIT ARRASATE<sup>KS.</sup>

## HORARIO

|       | LUNES               | MARTES              | MIÉRCOLES           | JUEVES              | VIERNES       | SÁBADO      |
|-------|---------------------|---------------------|---------------------|---------------------|---------------|-------------|
| 8:00  | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT      |             |
| 8:30  |                     |                     |                     |                     |               |             |
| 9:00  | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT      | PARTNER WOD |
| 9:30  | (9:15-10:15)        | (9:15-10:15)        | (9:15-10:15)        | (9:15-10:15)        | (9:15-10:15)  |             |
| 10:00 | INICIACIÓN          |                     | CROSSFIT            |                     | CROSSFIT      | PARTNER WOD |
| 10:30 | (10:15-11:15)       |                     | (10:15-11:15)       |                     | (10:15-11:15) |             |
| 11:00 |                     |                     |                     |                     |               | PARTNER WOD |
| 11:30 |                     |                     |                     |                     |               |             |
| 13:00 |                     |                     |                     |                     |               |             |
| 13:30 |                     |                     |                     | CROSSFIT            |               |             |
| 14:00 |                     |                     |                     |                     |               |             |
| 14:30 | CROSSFIT            | CROSSFIT            | CROSSFIT            | OPEN BOX            | CROSSFIT      |             |
| 15:00 |                     |                     |                     |                     |               |             |
| 15:30 |                     |                     |                     |                     | OPEN BOX      |             |
| 16:00 | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT            |               |             |
| 16:30 |                     |                     |                     |                     | CROSSFIT      |             |
| 17:00 | CROSSFIT INICIACIÓN | CROSSFIT INICIACIÓN | TOTAL FITNESS       | TOTAL FITNESS       | CROSSFIT      |             |
| 17:30 |                     |                     |                     |                     | CROSSFIT      |             |
| 18:00 | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT INICIACIÓN | CROSSFIT      |             |
| 18:30 |                     |                     |                     |                     | CROSSFIT      |             |
| 19:00 | CROSSFIT            | TOTAL FITNESS       | CROSSFIT INICIACIÓN | CROSSFIT            |               |             |
| 19:30 |                     |                     |                     |                     | INICIACIÓN    |             |
| 20:00 | CROSSFIT            | CROSSFIT            | CROSSFIT            | CROSSFIT            |               |             |
| 20:30 |                     |                     |                     |                     |               |             |
| 21:00 |                     |                     |                     |                     |               |             |

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