

# HORARIOS



	Lunes	Martes	Miercoles	Jueves	Viernes	Sábado
7:00-7:30	OPEN BOX FUNDA MENTALS		OPEN BOX FUNDA MENTALS	WOD		7:00-7:30
7:30-8:00		WOD		WOD	OLYMPIC LIFTING	7:30-8:00
8:00-8:30	WOD		ENDURANCE	WOD		8:00-8:30
8:30-9:00		OLYMPIC LIFTING		WOD		8:30-9:00
9:00-9:30	ENDURANCE		WOD	STRENGTH TRAINING		9:00-9:30
9:30-10:00		ENDURANCE			OPEN BOX	WOD
10:00-10:30	OPEN BOX BODY WEIGHT SKILLS		OPEN BOX BODY WEIGHT SKILLS	OPEN BOX		10:00-10:30
10:30-11:00		OPEN BOX				10:30-11:00
11:00-11:30						11:00-11:30
11:30-12:30						OPEN BOX
12:30-13:30						OPEN BOX
13:00-14:00	OPEN BOX	WOD	OPEN BOX	ENDURANCE	OPEN BOX	13:00-14:00
14:00-15:00	ENDURANCE	OPEN BOX	WOD	OLYMPIC LIFTING	STRENGTH TRAINING	14:00-15:00
16:00-17:00					OPEN BOX	16:00-17:00
17:00-18:00	OPEN BOX	OPEN BOX	OPEN BOX	STRENGTH TRAINING	WOD	17:00-18:00
18:00-19:00	OLYMPIC LIFTING	STRENGTH TRAINING	WOD	ENDURANCE	STRENGTH TRAINING	18:00-19:00
19:00-20:00	ENDURANCE	WOD	ENDURANCE	OLYMPIC LIFTING	WOD	19:00-20:00
20:00-21:00	WOD	ENDURANCE	OLYMPIC LIFTING	WOD	OPEN BOX BODY WEIGHT	20:00-21:00
21:00-22:00	OPEN BOX FUNDA MENTALS	OPEN BOX BODY WEIGHT	OPEN BOX FUNDA MENTALS	OPEN BOX		21:00-22:00