



CROSSFIT SANTS

HORARIOS

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

MAIN = ●
 SPECIFICS = ●●