



# LUNES

HORA

6:45

CROSSTRaining

7:30

CROSSTRaining

9:30

CROSSTRaining

13:30

CROSSTRaining

16:00

LEG DAY

17:00

LEG DAY

18:00

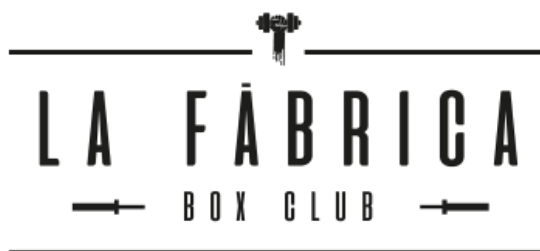
CROSSTRaining

19:00

CROSSTRaining

19:00

ENTRENO FUNCIONAL



# MARTES

HORA

7:30

OPEN HYROX

9:00

HALTEROFILIA

10:00

METCON 30'

17:00

CROSSTRaining

18:00

HYROX TRAINING

19:00

HALTEROFILIA

20:00

CROSSTRaining



# MIÉRCOLES

HORA

6:45

LEG DAY

7:30

LEG DAY

9:30

TEAM WOD

13:30

TEAM WOD

16:00

TEAM WOD

17:00

TEAM WOD

18:00

TEAM WOD

19:00

TEAM WOD

19:00

BOXEO



# JUEVES

HORA

7:30

OPEN HYROX

9:00

HALTEROFILIA

10:00

METCON 30'

17:00

CROSSTRaining

18:00

HYROX TRAINING

19:00

HALTEROFILIA

20:00

CROSSTRaining



# VIERNES

HORA

6:45

CROSSTRaining

7:30

CROSSTRaining

9:30

CROSSTRaining

13:30

CROSSTRaining

17:00

FRIDAY METCON

18:00

FRIDAY METCON



# SÁBADO

HORA

9:00

GYMNASTICS

9:00

BOXEO

10:00

THE METCON

11:30

YOGA

12:30

OCR