

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

## HORARIO

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

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