

HORARIO CROSSFIT ANTEUS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
10:00 - 11:00	CROSSFIT/O.B	PILATES	CROSSFIT/O.B	PILATES	CROSSFIT/O.B	CROSSFIT/O.B
11:00 - 12:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B
12:00 - 13:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B
13:00 - 14:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B
14:00 - 15:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	
15:00 - 16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
17:00 - 18:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	
18:00 - 19:00	CROSSFIT/O.B YOGA KICK (18:30 - 19:30)	CROSSFIT/O.B	CROSSFIT/O.B YOGA KICK (18:30 - 19:30)	CROSSFIT/O.B	CROSSFIT/O.B	
19:00 - 20:00	CROSSFIT/O.B KICK (19:30 - 20:30)	CROSSFIT/O.B PILATES	CROSSFIT/O.B KICK (19:30 - 20:30)	CROSSFIT/O.B PILATES	CROSSFIT/O.B	
20:00 - 21:00	CROSSFIT/O.B NINJUTSU (20:30 - 22:00)	CROSSFIT/O.B PILATES	CROSSFIT/O.B NINJUTSU (20:30 - 22:00)	CROSSFIT/O.B PILATES	CROSSFIT/O.B	
21:00 - 22:00	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	CROSSFIT/O.B	