

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado
07:00	Endurance	Power Wod	Open Gym	Wod		
	Open Gym	Open Gym	Hybrid	Open Gym		
08:00	Wod	Machines	Wod	Gymnastics		
	Open Gym	Open Gym	Open Gym	Open Gym		
09:00	Wod	Wod	Wod	Wod	Wod	Mega Wod
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:00	Open Box	Open Box	Open Gym	Power Wod	Open Box	Mega Wod
	Open Gym	Endurance	Hybrid	Open Gym	Open Gym	Open Gym
		Open Gym				
11:00	Open Box	Open Box	Open Box	Open Box	Open Box	Open Box
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12:00	Open Box	Open Box	Open Box	Open Box	Open Box	Open Box
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
13:00	Open Box	Open Box	Open Box	Open Box	Open Box	Open Box
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
14:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
14:30	Wod	Wod	Wod	Power Wod	Wod	
15:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
15:30			Open Box	Open Box	Open Box	
16:00	Wod	Wod	Open Gym	Open Gym	Open Gym	
	Open Gym	Open Gym			Hybrid	
17:00	Wod	Wod	Wod	Wod	Wod	
16:00	Wod	Wod	Open Gym	Open Gym	Open Gym	
	Open Gym	Open Gym			Hybrid	
17:00	Wod	Wod	Wod	Wod	Wod	
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
18:00	Endurance	Wod	Wod	Wod	Wod	
	Weightlifting	Machines	Open Gym	Gymnastics	Open Gym	
	Open Gym	Open Gym		Open Gym		
19:00	Wod	Wod	Endurance	Wod	Wod	
	Open Gym	Open Gym	Weightlifting	Body Building	Open Gym	
			Open Gym	Open Gym		
20:00	Wod	Wod	Wod	Wod	Wod	
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
21:00	Wod	Open Gym	Wod	Power Wod		
	Open Gym	Hybrid	Open Gym	Open Gym		