

# CrossFit

RNC

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00	CROSSFIT 60'		CROSSFIT 60'			
8:30		CROSSFIT 60'		CROSSFIT 60'	CROSSFIT 60'	
9:00	CROSSFIT 60'		CROSSFIT 60'			CROSSFIT 60'
9:30		CROSSFIT 60'		CROSSFIT 60'	CROSSFIT 60'	
10:00	OPEN 60'		OPEN 60'			CROSSFIT 60'
10:30		CROSSFIT 60'		CROSSFIT 60'	CROSSFIT 60'	
11:00	OPEN 60'		OPEN 60'			CROSSFIT 60'
11:30		OPEN 60'		OPEN 60'	OPEN 60'	
12:00	OPEN 30'		OPEN 30'			OPEN 60'
12:30		OPEN 30'		OPEN 30'	OPEN 30'	
13:00		OPEN 30'		OPEN 30'	OPEN 30'	OPEN 60'
14:30		CROSSFIT 60'	OPEN 60'	CROSSFIT 60'	OPEN 60'	
15:30	OPEN 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	
16:30	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	
17:30	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	
18:45	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	
19:45		HALTEROFILIA 75'		HALTEROFILIA 75'		
20:00	CROSSFIT 60'		CROSSFIT 60'		CROSSFIT 60'	



RAFA NADAL  
CLUB