

CROSSFIT ARRASATE^{KS.}

HORARIO ENERO 2024

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00-9:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:15-10:15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:30-10:30						PARTNER WOD
10:15-11:15	CROSSFIT	CROSSFIT	TOTALFIT		CROSSFIT	
10:30-11:30						PARTNER WOD
14:30-15:30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
15:30-16:30					OPEN BOX	
16:00-17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
16:30-17:30					CROSSFIT	
17:00-18:00	CROSSFIT	CROSSFIT	TOTALFIT	TOTALFIT		
17:30-18:30					CROSSFIT	
18:00-19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
18:30-19:30					CROSSFIT	
19:00-20:00	CROSSFIT	TOTALFIT	CROSSFIT	CROSSFIT		
19:30-20:30					CROSSFIT	
20:00-21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		

C/ Zigarrola 1, 1º
20500 Arrasate

crossfitarrasatemon@gmail.com
m