



HORARI CROSSFIT TORDERA

INICI	FINAL	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
8.30h	9.30h	WOD	WOD	WOD	WOD	WOD
8.30h	9.30h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
9.30h	10.30h	WOD	WOD	WOD	WOD	WOD
9.30h	10.30h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
10.30h	11.30h	FUNCTIONAL	GYMNASTICS	ENDURANCE	HALTEROFILIA	FUNCTIONAL
10.30h	11.30h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
13.30h	14.30h	WOD	WOD	WOD	WOD	WOD
13.30h	14.30h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
14.30h	15.30h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
15.15h	16.15h	WOD	WOD	WOD	WOD	WOD
15.15h	16.15h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
16.15h	17.15h	WOD	WOD	WOD	WOD	WOD
16.15h	17.15h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
17.15h	18.15h	WOD	WOD	WOD	WOD	WOD
17.15h	18.15h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX
18.15h	19.15h	WOD	GYMNASTICS	ENDURANCE	HALTEROFILIA	WOD
18.15h	19.15h	FUNCTIONAL	FUNCTIONAL		FUNCTIONAL	FUNCTIONAL
19.15h	20.15h	WOD	WOD	WOD	WOD	WOD
19.15h	20.15h	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX

***SATURDAY WOD 10.00H A 11.00H**