

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:45-8:45	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	10:00-11:00 WOD OPEN BOX	
9:15-10:15	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	11:00-12:00 WOD OPEN BOX	
10:00-13:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	12:00-13:00 WOD OPEN BOX	
13:30-14:30	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX		
14:30-15:30	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX		
15:30-17:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	11:00-12:00 WOD OPEN BOX	
17:15-18:15	WOD TEENS OPEN BOX	WOD KIDS ON RAMP 2	WOD TEENS OPEN BOX	WOD KIDS ON RAMP 2	WOD OPEN BOX	12:00-13:00 WOD OPEN BOX	
18:15-19:15	WOD WEIGHTLIFTING OPEN BOX	WOD ENDURANCE ON RAMP 1	WOD POWER GLUTES OPEN BOX	WOD GYMNASTICS ON RAMP 1	WOD MOBILITY OPEN BOX		
19:15-20:15	WEIGHTLIFTING/RX OPEN BOX	WEIGHTLIFTING/RX OPEN BOX	WEIGHTLIFTING/RX OPEN BOX	WEIGHTLIFTING/RX OPEN BOX	WEIGHTLIFTING/RX OPEN BOX		
19:30-20:30	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX	WOD OPEN BOX		
20:15-21:30	RX	RX	RX	RX	RX		
20:30-21:30	WOD OPEN BOX	WOD OPEN BOX	POWER GLUTES OPEN BOX	WOD OPEN BOX	WOD OPEN BOX		



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\*Els horaris del box es poden veure modificats en dies festius.