

CrossFit

RNC



RAFA NADAL
CLUB

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
7:00	HYROX 60'	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	HYROX 60'	
	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	
8:00	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	
	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	
9:00	HYROX 60'	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'
	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'
10:00	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	HYROX 60'	CROSSFIT 60'	CROSSFIT 60'
	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'
11:00						CROSSFIT 60'
						OPEN 60'
12:00						OPEN 60'
13:00						OPEN 60'
14:00						OPEN 60'
14:30		OPEN 60'	OPEN 60'	OPEN 60'	OPEN 60'	
15:30			CROSSFIT 60'		CROSSFIT 60'	
			OPEN 60'		OPEN 60'	
15:45		TEENS 45'		TEENS 45'		
		OPEN 45'		OPEN 45'		
16:30	CROSSFIT 60'	KIDS 45'		KIDS 45'	CROSSFIT 60'	
	OPEN 60'	OPEN 45'		OPEN 45'	OPEN 60'	
17:30	CROSSFIT 60'	CROSSFIT 60'		CROSSFIT 60'	CROSSFIT 60'	
	OPEN 60'	GIMNASTICS 60'		GIMNASTICS 60'	HYROX 60'	
18:30	CROSSFIT 60'	CROSSFIT 60'		CROSSFIT 60'	CROSSFIT 60'	
	OPEN 60'	HYROX 60'	SKILLS 60'	HYROX 60'	SKILLS 60'	
19:30	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	CROSSFIT 60'	
	OPEN 60'	HALTEROFILIA 90'	HYROX 60'	HALTEROFILIA 90'	HYROX 60'	
20:30	CROSSFIT 60'	CROSSFIT 60'		HYROX 60'	CROSSFIT 60'	
	OPEN 60'					