

DILLUNS DIMARTS DIMECRES DIJOUS DIVENDRES DISSABTE

|                 |     |     |                |     |      |          |
|-----------------|-----|-----|----------------|-----|------|----------|
| 7H A 8H         |     |     |                |     |      |          |
| 8:15H A 9:15H   |     |     |                |     |      |          |
| 9:15H A 10H     |     |     |                |     |      |          |
| 10H A 11H       |     |     |                |     |      |          |
| 11H A 12H       |     |     |                |     |      | TEAM WOD |
| 12H A 13H       | WOD |     | WOD            |     | WOD  |          |
| 13:15H A 14:15H | WOD | WOD | WOD            | WOD | WOD  |          |
| 14:30H A 15:30H |     |     |                |     |      |          |
| 15:30H A 16:30H |     |     |                |     | WOD  |          |
| 16:30H A 17:30H | WOD |     | WOD<br>TÈCNICA |     | WOD  |          |
| 17:30H A 18:30H | WOD |     | WOD<br>TÈCNICA | WOD | IOGA |          |
| 18:30H A 19:30H | WOD | WOD | WOD<br>TÈCNICA | WOD | WOD  |          |
| 19:30H A 20:30H | WOD | WOD | WOD<br>TÈCNICA | WOD | WOD  |          |
| 20:30H - 21:30H | WOD | WOD | WOD            | WOD |      |          |

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|                 |          |          |          |          |          |          |
|-----------------|----------|----------|----------|----------|----------|----------|
| 7H A 8H         |          |          |          |          |          |          |
| 8H A 9H         |          |          |          |          |          |          |
| 9H A 10H        |          |          |          |          |          |          |
| 10H A 11H       |          |          |          |          |          |          |
| 11H A 12H       |          |          |          |          |          | OPEN BOX |
| 12H A 13H       | OPEN BOX |          | OPEN BOX |          | OPEN BOX | OPEN BOX |
| 13H A 14H       | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX |          |
| 14H A 15H       |          |          |          |          |          |          |
| 15H A 16:30H    |          |          |          |          | OPEN BOX |          |
| 16:30H A 17:30H | OPEN BOX |          | OPEN BOX |          | OPEN BOX |          |
| 17:30H A 18:30H | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX |          |
| 18:30H A 19:30H | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX |          |
| 19:30H A 20:30H | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX |          |
| 20:30H - 21:30H | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX |          |          |

LA BORDA CROSSFIT

