HORARIO CROSSFIT SINGULAR BOX GRANADA 2026

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00 – 8:00 CROSSFIT	7:00 – 8:00 CROSSFIT	7:00 – 8:00 CROSSFIT	7:00 – 8:00 CROSSFIT	7:00 – 8:00 CROSSFIT	
8:05 – 9:05 CROSSFIT	8:05 – 9:05 CROSSFIT	8:05 – 9:05 CROSSFIT	8:05 – 9:05 CROSSFIT	8:05 – 9:05 PERFORMANCE	
9:10 – 10:10 CROSSFIT	9:10 – 10:10 CROSSFIT	9:10 – 10:10 CROSSFIT	9:10 – 10:10 CROSSFIT	9:10 – 10:10 CROSSFIT	
10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:00 – 11:15 CROSSFIT
11:20 – 12:20 CROSSFIT	11:20 – 12:20 CROSSFIT	11:20 – 12:20 CROSSFIT	11:20 – 12:20 CROSSFIT	11:20 – 12:20 CROSSFIT	11:25 – 12:50 CROSSFIT STRONGMAN
12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:55 – 13:45 PERFORMANCE
13:30 – 14:30 CROSSFIT	13:30 – 14:30 CROSSFIT	13:30 – 14:30 CROSSFIT	13:30 – 14:30 CROSSFIT	13:30 – 14:30 CROSSFIT	
14:35 – 15:35 CROSSFIT	14:35 – 15:35 CROSSFIT	14:35 – 15:35 CROSSFIT	14:35 – 15:35 CROSSFIT	14:35 – 15:35 CROSSFIT	
15:35 – 16:35 STRENGTH	15:35 – 16:35 STRENGTH	15:35 – 16:35 STRENGTH	15:35 – 16:35 STRENGTH	15:35 – 16:35 CROSSFIT	16:00 – 17:00 PERFORMANCE
16:40 – 17:40 CROSSFIT	16:40 – 17:40 CROSSFIT	16:40 – 17:40 CROSSFIT	16:40 – 17:40 CROSSFIT	16:40 – 17:40 CROSSFIT	17:00 – 18:00 CROSSFIT
17:45 – 18:45 CROSSFIT	17:45 – 18:45 CROSSFIT	17:45 – 18:45 CROSSFIT	17:45 – 18:45 CROSSFIT	17:45 – 18:45 CROSSFIT	
18:50 – 19:50 CROSSFIT	18:50 – 19:50 CROSSFIT	18:50 – 19:50 CROSSFIT	18:50 – 19:50 CROSSFIT	18:50 – 19:50 CROSSFIT	
19:55 – 20:55 CROSSFIT	19:55 – 20:55 CROSSFIT	19:55 – 20:55 CROSSFIT	19:55 – 20:55 CROSSFIT	19:55 – 20:55 CROSSFIT	
21:00 – 22:00 CROSSFIT	21:00 – 22:00 CROSSFIT	21:00 – 22:00 CROSSFIT	21:00 – 22:00 CROSSFIT	21:00 – 22:00	

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00 – 8:00 EXTRA WORK& THE ROOF	7:00 – 8:00 EXTRA WORK& THE ROOF	7:00 – 8:00 EXTRA WORK& THE ROOF	7:00 – 8:00 EXTRA WORK& THE ROOF	7:00 – 8:00 EXTRA WORK& THE ROOF	
8:05 – 9:05 EXTRA WORK& THE ROOF	8:05 – 9:05 EXTRA WORK& THE ROOF	8:05 – 9:05 EXTRA WORK& THE ROOF	8:05 – 9:05 EXTRA WORK& THE ROOF	8:05 – 9:05 EXTRA WORK& THE ROOF	
9:10 – 10:10 EXTRA WORK& THE ROOF	9:10 – 10:10 EXTRA WORK& THE ROOF	9:10 – 10:10 EXTRA WORK& THE ROOF	9:10 – 10:10 EXTRA WORK& THE ROOF	9:10 – 10:10 EXTRA WORK& THE ROOF	
10:15 – 11:15 EXTRA WORK& THE ROOF	10:15 – 11:15 HALTEROFILIA EXTRA WORK& THE ROOF	10:15 – 11:15 GYMNASTIC EXTRA WORK& THE ROOF	10:15 – 11:15 HALTEROFILIA EXTRA WORK& THE ROOF	10:15 – 11:15 EXTRA WORK& THE ROOF	10:00 – 11:15 EXTRA WORK& THE ROOF
11:20 – 12:20 EXTRA WORK& THE ROOF	11:20 – 12:20 EXTRA WORK& THE ROOF	11:20 – 12:20 EXTRA WORK& THE ROOF	11:20 – 12:20 EXTRA WORK& THE ROOF	11:20 – 12:20 EXTRA WORK& THE ROOF	11:25 – 12:50 EXTRA WORK& THE ROOF
12:25 – 13:25 EXTRA WORK& THE ROOF	12:25 – 13:25 EXTRA WORK& THE ROOF	12:25 – 13:25 EXTRA WORK& THE ROOF	12:25 – 13:25 EXTRA WORK& THE ROOF	12:25 – 13:25 EXTRA WORK& THE ROOF	12:55 – 13:45 EXTRA WORK& THE ROOF
13:30 – 14:30 EXTRA WORK& THE ROOF	13:30 – 14:30 EXTRA WORK& THE ROOF	13:30 – 14:30 EXTRA WORK& THE ROOF	13:30 – 14:30 EXTRA WORK& THE ROOF	13:30 – 14:30 EXTRA WORK& THE ROOF	
14:35 – 15:35 EXTRA WORK& THE ROOF	14:35 – 15:35 EXTRA WORK& THE ROOF	14:35 – 15:35 EXTRA WORK& THE ROOF	14:35 – 15:35 EXTRA WORK& THE ROOF	14:35 – 15:35 EXTRA WORK& THE ROOF	
15:35 – 16:35 EXTRA WORK& THE ROOF	15:35 – 16:35 EXTRA WORK& THE ROOF	15:35 – 16:35 EXTRA WORK& THE ROOF	15:35 – 16:35 EXTRA WORK& THE ROOF	15:35 – 16:35 EXTRA WORK& THE ROOF	16:00 – 17:00 EXTRA WORK& THE ROOF
16:40 – 17:40 HALTEROFILIA EXTRA WORK& THE ROOF	16:40 – 17:40 EXTRA WORK& THE ROOF	16:40 – 17:40 EXTRA WORK& THE ROOF	16:40 – 17:40 EXTRA WORK& THE ROOF	16:40 – 17:40 HALTEROFILIA EXTRA WORK& THE ROOF	17:00 – 18:00 EXTRA WORK& THE ROOF
17:45 – 18:45 EXTRA WORK& THE ROOF	17:45 – 18:45 EXTRA WORK& THE ROOF	17:45 – 18:45 EXTRA WORK& THE ROOF	17:45 – 18:45 EXTRA WORK& THE ROOF	17:45 – 18:45 EXTRA WORK& THE ROOF	
18:50 – 19:50 AEROBIC CAPACITY	18:50 – 19:50 GYMNASTIC	18:50 – 19:50 AEROBIC CAPACITY	18:50 – 19:50 GYMNASTIC	18:50 – 19:50 EXTRA WORK& THE ROOF	
19:55 – 20:55 EXTRA WORK& THE ROOF	19:55 – 20:55 EXTRA WORK& THE ROOF	19:55 – 20:55 EXTRA WORK& THE ROOF	19:55 – 20:55 EXTRA WORK& THE ROOF	19:55 – 20:55 EXTRA WORK& THE ROOF	
21:00 – 22:00 EXTRA WORK& THE ROOF	21:00 – 22:00 EXTRA WORK& THE ROOF	21:00 – 22:00 EXTRA WORK& THE ROOF	21:00 – 22:00 EXTRA WORK& THE ROOF	21:00 – 22:00 EXTRA WORK& THE ROOF	

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	
8:05 – 9:05 PERFORMANCE	8:05 – 9:05 PERFORMANCE	8:05 – 9:05 PERFORMANCE	8:05 – 9:05 PERFORMANCE	8:05 – 9:05 PERFORMANCE	
9:10 – 10:10 PERFORMANCE	9:10 – 10:10 PERFORMANCE	9:10 – 10:10 PERFORMANCE	9:10 – 10:10 PERFORMANCE	9:10 – 10:10	
10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:15 – 11:15 HYBRID	10:00 – 11:15
11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:25 – 12:50
12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:25 – 13:25 PERFORMANCE	12:55 – 13:45 PERFORMANCE
13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	
14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	
15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	16:00 – 17:00 PERFORMANCE
16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	17:00 – 18:00
17:45 – 18:45 PERFORMANCE	17:45 – 18:45 PERFORMANCE	17:45 – 18:45 PERFORMANCE	17:45 – 18:45 PERFORMANCE	17:45 – 18:45 PERFORMANCE	
18:50 – 19:50 PERFORMANCE	18:50 – 19:50 PERFORMANCE	18:50 – 19:50 PERFORMANCE	18:50 – 19:50 PERFORMANCE	18:50 – 19:50 PERFORMANCE	
19:55 – 20:55 PERFORMANCE	19:55 – 20:55 PERFORMANCE	19:55 – 20:55 PERFORMANCE	19:55 – 20:55 PERFORMANCE	19:55 – 20:55 HYBRID	
21:00 – 22:00 HYBRID	21:00 – 22:00 HYBRID	21:00 – 22:00 HYBRID	21:00 – 22:00 HYBRID	21:00 – 22:00	

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	
8:05 – 9:05	8:05 – 9:05	8:05 – 9:05	8:05 – 9:05	8:05 – 9:05	
9:10 – 10:10	9:10 – 10:10	9:10 – 10:10	9:10 – 10:10	9:10 – 10:10	
10:15 – 11:15	10:15 – 11:15	10:15 – 11:15	10:15 – 11:15	10:15 – 11:15	10:00 – 11:15
11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:20 – 12:20	11:25 – 12:50
12:25 – 13:25	12:25 – 13:25	12:25 – 13:25	12:25 – 13:25	12:25 – 13:25	12:55 – 13:45
13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	13:30 – 14:30	
14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	14:35 – 15:35	
15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	15:35 – 16:35	16:00 – 17:00
16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	16:40 – 17:40	17:00 – 18:00
17:45 – 18:45	17:45 – 18:45	17:45 – 18:45	17:45 – 18:45	17:45 – 18:45	
18:50 – 19:50	18:50 – 19:50	18:50 – 19:50	18:50 – 19:50	18:50 – 19:50	
19:55 – 20:55	19:55 – 20:55	19:55 – 20:55	19:55 – 20:55	19:55 – 20:55	
21:00 – 22:00	21:00 – 22:00	21:00 – 22:00	21:00 – 22:00	21:00 – 22:00	

ÚLTIMA ACTUALIZACIÓN: 17 Enero 2017