	BOX 1-A							
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
7:00 – 8:15	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN			
8:15 – 9:30	OPEN BOX	OPEN BOX	WOD/OPEN	OPEN BOX	WOD/OPEN	STRONGMAN 9:00 – 10:00		
9:30 – 10:45	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD SABADO 10:00 – 11:00	OPEN BOX	
10:45 – 12:00	WOD/OPEN	WOD/OPEN	OPEN BOX	OPEN BOX/ GIMNASTICOS	WOD/OPEN	WOD SABADO 11:00 – 12:00	OPEN BOX	
12:00 – 13:15	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD SABADO 12:00 – 13:00		
13:15 – 14:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
14:15 – 15:30	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN			
15:30 – 16:45	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN			
16:45 – 18:00	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN			
18:00 – 19:15	WOD	WOD	WOD	WOD/ GIMNASTICOS	WOD			
19:15 – 20:30	WOD	WOD	WOD	WOD	WOD			
20:30 – 21:45	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN	WOD/OPEN			
21:45 – 23:00	WOD/OPEN	WOD/OPEN	WOD/OPEN					

	BOX 1-B (ZONA HALTEROFILIA)							
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
7:00 – 8:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
8:15 – 9:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 9:00 – 10:00		
9:30 – 10:45	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 10:00 – 11:00	OPEN BOX	
10:45 – 12:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 11:00 – 12:00	OPEN BOX	
12:00 – 13:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 12:00 – 13:00		
13:15 – 14:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
14:15 – 15:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
15:30 – 16:45	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
16:45 – 18:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
18:00 – 19:15	OPEN BOX	HALTEROFILIA	OPEN BOX	HALTEROFILIA	OPEN BOX			
19:15 – 20:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
20:30 – 21:45	HALTEROFILIA	OPEN BOX	HALTEROFILIA	OPEN BOX	OPEN BOX			
21:45 – 23:00	OPEN BOX	OPEN BOX	OPEN BOX					

	BOX EXTERIOR							
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO	
7:00 – 8:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
8:15 – 9:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 9:00 – 10:00		
9:30 – 10:45	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 10:00 – 11:00	OPEN BOX	
10:45 – 12:00	OPEN BOX	OPEN BOX	METABÓLICO	OPEN BOX	OPEN BOX	OPEN BOX 11:00 – 12:00	OPEN BOX	
12:00 – 13:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX 12:00 – 13:00		
13:15 – 14:15	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
14:15 – 15:30	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
15:30 – 16:45	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
16:45 – 18:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			
18:00 – 19:15	METABÓLICO	OPEN BOX	METABÓLICO	OPEN BOX	OPEN BOX			
19:15 – 20:30	METABÓLICO	HYROX	METABÓLICO	HYROX	OPEN BOX			
20:30 – 21:45	OPEN BOX	METABÓLICO	OPEN BOX	HYROX	OPEN BOX			
21:45 – 23:00	OPEN BOX	OPEN BOX	OPEN BOX					