NOVEMBRE

BOX CNB HYBRID TRAINING

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
7:00	HBX FUSION OPEN BOX	CROSS	HYROX FOUNDATIONAL	HYROX POWER OPEN BOX	CROSS		
7:30							
8:00			HBX FUSION OPEN BOX	CROSS	HYROX FOUNDATIONAL		
9:00				CROSS			
11:00						HBX FUSION	
13:00	HBX BOXING		HBX BOXING			HBX BOXING	HBX FUSION
13:25	CROSS	HYROX ENGINE	HYROX FOUNDATIONAL	CROSS	HYROX COMPLETE		
14:30		CROSS		HYROX POWER			
15:10				HBX FUSION			
17:00	CROSS		CROSS		CROSS		
17:45		HYROX POWER		HYROX COMPLETE			
18:05	HYROX ENGINE OPEN BOX		HYROX FOUNDATIONAL		HYROX POWER		
18:30				HBX BOXING			
18:45		HBX FUSION OPEN BOX					
19:05	CROSS		HYROX POWER	HYROX ENGINE	HYROX COMPLETE		
19:45		HBX BOXING OPEN BOX		HYROX FOUNDATIONAL			
20:05	HYROX COMPLETE		CROSS				

BOX CNB CLUB NATACIÓ BARCELONA

ARENA by BOX CNB

Som El Barcelona! CLUB NATACIÓ BARCELONA

HYROX TRAINING CLUB