

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
08:00	CROSSFIT ENTRENAMIENTO FUNCIONAL	CROSSFIT SPORTCYCLE	CROSSFIT ENTRENAMIENTO FUNCIONAL	CROSSFIT SPORTCYCLE	CROSSFIT ENTRENAMIENTO FUNCIONAL		
09:00	AERO LOCAL CROSSFIT	HATHA YOGA GAP	AERO LOCAL CROSSFIT	HATHA YOGA GAP	AERO LOCAL CROSSFIT		
10:00		STRETCHING		STRETCHING		ENTRENAMIENTO FUNCIONAL CROSSFIT RUNNING TEAM SPORTCYCLE	
11:00						CROSSFIT CHI KUNG	
13:00	ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL	ZUMBA	
17:00	YOGA CROSSFIT	CROSSFIT	CROSSFIT YOGA	CROSSFIT	CROSSFIT YOGA		
18:00	PILATES MAT CROSSFIT	ZUMBA CROSSFIT	PILATES MAT CROSSFIT	CROSSFIT ZUMBA	PILATES MAT CROSSFIT		
18:30	RUNNING TEAM		RUNNING TEAM		RUNNING TEAM		
19:00	CROSSFIT ENTRENAMIENTO FUNCIONAL	SPORTCYCLE RUNNING TEAM CROSSFIT	CROSSFIT ENTRENAMIENTO FUNCIONAL	SPORTCYCLE CROSSFIT	CROSSFIT ENTRENAMIENTO FUNCIONAL		
19:30		STRONG BY ZUMBA		STRONG BY ZUMBA			
20:00	ENTRENAMIENTO FUNCIONAL CROSSFIT	CROSSFIT	ENTRENAMIENTO FUNCIONAL CROSSFIT	CROSSFIT	CROSSFIT		