

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
08:00	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	CROSSFIT SPORTCYCLE		
09:00	LOCALIZADA CROSSFIT	CROSSFIT GAP	LOCALIZADA CROSSFIT	GAP CROSSFIT	LOCALIZADA CROSSFIT	CROSSFIT	
09:30						YOGA	
10:00	STRETCHING	YOGA	STRETCHING	YOGA	STRETCHING	CROSSFIT	
11:00	CHI KUNG		CHI KUNG		CHI KUNG	CROSSFIT POWER LOCAL	
12:00						HIIT	
13:00	POWER YOGA		POWER YOGA		POWER YOGA	AQUA GYM	
16:00	AQUA GYM		AQUA GYM		AQUA GYM		
17:00	CROSSFIT ZUMBA	CROSSFIT	CROSSFIT ZUMBA	CROSSFIT	CROSSFIT ZUMBA	YOGA	
18:00	POWER LOCAL CROSSFIT	YOGA CROSSFIT	POWER LOCAL CROSSFIT	YOGA CROSSFIT	POWER LOCAL CROSSFIT	SPORTFUNCTIONAL	
19:00	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT	CROSSFIT SPORTFUNCTIONAL	SPORTCYCLE CROSSFIT		
20:00	AQUA GYM VINYASA FLOW CROSSFIT	AQUA GYM SPORTCYCLE CROSSFIT	CROSSFIT VINYASA FLOW	AQUA GYM CROSSFIT SPORTCYCLE	CROSSFIT VINYASA FLOW		
20:30	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
21:00		HIIT		HIIT			