

# HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
08:00	SPORTCYCLE	SPORTFUNCTIONAL	SPORTCYCLE	SPORTFUNCTIONAL	SPORTCYCLE		
08:15				SPORTCYCLE			
08:30	CROSS TRAINING SPORTFUNCTIONAL	CROSS TRAINING	SPORTFUNCTIONAL CROSS TRAINING	CROSS TRAINING	CROSS TRAINING SPORTFUNCTIONAL		
09:00		YOGA POWER LOCAL		POWER LOCAL YOGA		LOCALIZADA	
09:30	POWER JUMP CROSS TRAINING	CROSS TRAINING	POWER JUMP CROSS TRAINING	CROSS TRAINING	CROSS TRAINING POWER JUMP	CROSS TRAINING	
10:00		SPORTCYCLE				SPORTCYCLE	
10:30	CROSS TRAINING	CROSS TRAINING	PILATES MAT CROSS TRAINING	CROSS TRAINING	CROSS TRAINING PILATES MAT	CROSS TRAINING	
11:00						SPORTFUNCTIONAL	
11:30	STRETCHING				STRETCHING		
12:00						YOGA	
16:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
16:30	SPORTFUNCTIONAL		SPORTFUNCTIONAL		SPORTFUNCTIONAL		
17:00	CROSS TRAINING	CROSS TRAINING PILATES MAT TAEKWONDO INFANTIL	CROSS TRAINING	TAEKWONDO INFANTIL PILATES MAT CROSS TRAINING	CROSS TRAINING		
18:00	SPORTFUNCTIONAL SPORTCYCLE CROSS TRAINING LOCALIZADA	HARD TRAINING TAEKWONDO INFANTIL YOGA BOX TRAINING CROSS TRAINING	CROSS TRAINING SPORTCYCLE LOCALIZADA SPORTFUNCTIONAL	HARD TRAINING CROSS TRAINING TAEKWONDO INFANTIL YOGA BOX TRAINING	CROSS TRAINING LOCALIZADA SPORTCYCLE		
19:00	CROSS TRAINING LOCALIZADA POWER HIIT OUTDOOR	POWER LOCAL CROSS TRAINING	LOCALIZADA CROSS TRAINING POWER HIIT OUTDOOR	POWER LOCAL CROSS TRAINING	LOCALIZADA CROSS TRAINING		
20:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING BOX TRAINING	CROSS TRAINING		