

HORARIOS DE CLASE

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	CROSS TRAINING	PILATES MAT CROSS TRAINING	CROSS TRAINING		
18:00	SPORTFUNCTIONAL SPORTCYCLE CROSS TRAINING LOCALIZADA	HARD TRAINING YOGA BOX TRAINING CROSS TRAINING	CROSS TRAINING SPORTCYCLE LOCALIZADA SPORTFUNCTIONAL	HARD TRAINING CROSS TRAINING 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		

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