

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
8:00	CROSS-TRAINING				CROSS-TRAINING				CROSS-TRAINING			
8:30	CROSS-TRAINING	FIT BOX (45)		INDOOR (45)	CROSS-TRAINING	FIT BOX (45)		INDOOR (45)	CROSS-TRAINING	FIT BOX (45)		
9:00											CROSS-TRAINING	
9:30		FIT DANCE (40)		FLEX		FIT DANCE (40)		FLEX		FIT DANCE (40)	CROSS-TRAINING	
10:00				FLEX				FLEX				
10:30												FLEX
11:00												FLEX
11:30												
12:00												
12:30												
13:00		CORE (30)	PEDÍ TU RUTINA			CORE (30)	PEDÍ TU RUTINA			CORE (30)		INDOOR
13:30			PEDÍ TU RUTINA				PEDÍ TU RUTINA					INDOOR
14:00												
15:00												
16:00												
16:30						BOX (Sólo niños/as)						
17:00						BOX (Sólo niños/as)						BOX (Sólo niños/as)
17:30		FIT DANCE (40)				FIT DANCE (40)				FIT DANCE (40)		BOX (Sólo niños/as)
18:00			CROSS-TRAINING	INDOOR (45)			CROSS-TRAINING	INDOOR (45)				
18:30		FULL BODY CARDIO / PIERNAS / ABS	CROSS-TRAINING			FULL BODY CARDIO / PIERNAS / ABS	CROSS-TRAINING			FULL BODY CARDIO / PIERNAS / ABS		
19:00		FULL BODY CARDIO / PIERNAS / ABS	CROSS-TRAINING	STRONG (30)		FULL BODY CARDIO / PIERNAS / ABS	CROSS-TRAINING	STRONG (30)		FULL BODY CARDIO / PIERNAS / ABS		
19:30			CROSS-TRAINING				CROSS-TRAINING					
20:00	SPORT TRAINING		CROSS-TRAINING	BOX (Adultos)	SPORT TRAINING		CROSS-TRAINING	BOX (Adultos)	SPORT TRAINING			
20:30			CROSS-TRAINING	BOX (Adultos)			CROSS-TRAINING	BOX (Adultos)				

ENTRENAMIENTO

CROSS TRAINING
SPORT TRAINING
BOXEO

CARDIO

FIT BOX
FIT DANCE
FULL BODY
STRONG

ABS

CORE

BIENESTAR/SALUD

FLEX

CYCLING

INDOOR

ENTRENAMIENTO POR OBJETIVOS

PEDÍ TU RUTINA
GRUPOS REDUCIDOS

