

ACTIVIDADES DIRIGIDAS / GROUP CLASSES

	LUNES-MONDAY	MARTES-TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES-THURSDAY	VIERNES-FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
08:00	CROSS TRAINING 8:00-9:00	CROSS TRAINING 8:00-9:00	CROSS TRAINING 8:00-9:00	CROSS TRAINING 8:00-9:00	CROSS TRAINING 8:00-9:00	CROSS TRAINING 8:00-9:00	
09:00	CROSS TRAINING 9:00-10:00	CROSS TRAINING 9:00-10:00	CROSS TRAINING 9:00-10:00	CROSS TRAINING 9:00-10:00	CROSS TRAINING 9:00-10:00	CROSS TRAINING 9:00-10:00	
	G.A.P. 9:15-10:00	TONIFICACIÓN 9:15-10:00	ZUMBA. 9:15-10:00	TONIFICACIÓN 9:15-10:00	TONIFICACIÓN 9:15-10:00		
10:00	TONIFICACIÓN 10:15-11:00	TRX 10:15-11:00	TONIFICACIÓN 10:15-11:00	BOOGIE BOUNCE 10:00-11:00	G.A.P. 10:15-11:00		CORE 10:15-11:00
	CROSS TRAINING 10:00-11:00	CROSS TRAINING 10:00-11:00	CROSS TRAINING 10:00-11:00	TRX - 10:15-11:00 CROSS TRAINING-10:00-11:00	CROSS TRAINING 10:00-11:00		
11:00	CROSS TRAINING 11:00-12:00	CROSS TRAINING 11:00-12:00	CROSS TRAINING 11:00-12:00	CROSS TRAINING 11:00-12:00	CROSS TRAINING 11:00-12:00		
	BOXING CLASS 11:00 -12:00	BOXING CLASS 11:00 -12:00	BOXING CLASS 11:00 -12:00	BOXING CLASS 11:00 -12:00	SPARRING 11:00 -12:00		
	PILATES 11:15-12:00	TONIFICACIÓN 11:15-12:00	G.A.P. 11:15-12:00	PILATES 11:15-12:00	ZUMBA 11:15-12:00		
12:00	BOXING CLASS 12:00-13:00	BOXING CLASS 12:00-13:00	BOXING CLASS 12:00-13:00	BOXING CLASS 12:00-13:00	SPARRING 12:00-13:00		
	SEXY DANCE 12:15-13:00	ZUMBA 12:15-13:00	SEXY DANCE 12:15-13:00	ZUMBA 12:15-13:00	CORE 12:15-12:45		
17:00	TONIFICACIÓN 17:15-18:00	TRX 17:15-18:00	G.A.P. 17:15-18:00	TRX 17:15-18:00	TONIFICACIÓN 17:15-18:00	CROSS WORKOUT 17:15-18:00	CROSS WORKOUT 17:15-18:00
				VDA LATINO 17:00-18:00			
18:00	BOXING CLASS - 18:00 -19:00	BOXING CLASS - 18:00 -19:00	BOXING CLASS - 18:00 -19:00	BOXING CLASS - 18:00 -19:00	SPARRING- 18:00 -19:00	CORE 18:15-18:45	CORE 18:15-18:45
	CROSS TRAINING-18:00-19:00		CROSS TRAINING-18:00-19:00				
	TONIFICACIÓN -18:15-19:00	G.A.P. 18:15-19:00	TONIFICACIÓN - 18:15-19:00	TRX 18:15-19:00	CROSS TRAINING 18:00-19:00		
19:00	G.A.P. 19:15-20:00	TONIFICACIÓN 19:15-20:00	PILATES 19:15-20:00	G.A.P. 19:15-20:00	TONIFICACIÓN 19:15-20:00		
	MUAY THAI 19:00-20:00	MUAY THAI 19:00-20:00	MUAY THAI 19:00-20:00	MUAY THAI 19:00-20:00	SPARRING 19:00-20:00		
20:00	PILATES 20:15-21:00	HIIT 20:15-21:00	CORE 20:15-20:45	TONIFICACIÓN 20:15-21:00	PILATES 20:15-21:00		



■ ALTA INTENSIDAD - HIGH INTENSITY
■ INTENSIDAD MEDIA - MEDIUM INTENSITY
■ ACTIVIDAD DE CUERPO Y MENTE - BODY AND MIND ACTIVITY