

# ACTIVIDADES DIRIGIDAS / GROUP CLASSES

|        | MONDAY                              | TUESDAY                             | WEDNESDAY                           | THURSDAY                            | FRIDAY                              | SATURDAY                            | SUNDAY                             |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| 08:00h | CROSS TRAINING<br>(08:00h - 09:00h) | CROSS TRAINING<br>(08:00h - 09:00h) | CROSS TRAINING<br>(08:00h - 09:00h) | CROSS TRAINING<br>(08:00h - 09:00h) | CROSS TRAINING<br>(08:00h - 09:00h) | CROSS TRAINING<br>(08:00h - 09:00h) |                                    |
| 09:00h | CROSS TRAINING<br>(09:00h - 10:00h) | CROSS TRAINING<br>(09:00h - 10:00h) | CROSS TRAINING<br>(09:00h - 10:00h) | CROSS TRAINING<br>(09:00h - 10:00h) | CROSS TRAINING<br>(09:00h - 10:00h) | CROSS TRAINING<br>(09:00h - 10:00h) |                                    |
|        | G.A.P<br>(09:15h - 10:00h)          | TONIFICACIÓN<br>(09:15h - 10:00h)   | G.A.P<br>(09:15h - 10:00h)          | TONIFICACIÓN<br>(09:15h - 10:00h)   | TONIFICACIÓN<br>(09:15h - 10:00h)   |                                     |                                    |
| 10:00h | CROSS TRAINING<br>(10:00h - 11:00h) | CROSS TRAINING<br>(10:00h - 11:00h) | CROSS TRAINING<br>(10:00h - 11:00h) | CROSS TRAINING<br>(10:00h - 11:00h) | CROSS TRAINING<br>(10:00h - 11:00h) |                                     | CORE<br>(10:15h - 10:45h)          |
|        | TONIFICACIÓN<br>(10:15h - 11:00h)   | TRX<br>(10:15h - 11:00h)            | TONIFICACIÓN<br>(10:15h - 11:00h)   | TRX<br>(10:15h - 11:00h)            | G.A.P<br>(10:15h - 11:00h)          |                                     |                                    |
| 11:00h | CROSS TRAINING<br>(11:00h - 12:00h) | BOXING CLASS<br>(11:00h - 12:00h)   | CROSS TRAINING<br>(11:00h - 12:00h) | BOXING CLASS<br>(11:00h - 12:00h)   | CROSS TRAINING<br>(11:00h - 12:00h) |                                     |                                    |
|        | BOXING CLASS<br>(11:00h - 12:00h)   |                                     | BOXING CLASS<br>(11:00h - 12:00h)   |                                     | SPARRING<br>(11:00h - 12:00h)       |                                     |                                    |
|        | PILATES<br>(11:15h - 12:00h)        | TONIFICACIÓN<br>(11:15h - 12:00h)   | G.A.P<br>(11:15h - 12:00h)          | PILATES<br>(11:15h - 12:00h)        | TONIFICACIÓN<br>(11:15h - 12:00h)   |                                     |                                    |
| 12:00h | K1<br>(12:00h - 13:00h)             | MUAY THAI<br>(12:00h - 13:00h)      | K1<br>(12:00h - 13:00h)             | MUAY THAI<br>(12:00h - 13:00h)      | SPARRING<br>(12:00h - 13:00h)       |                                     |                                    |
|        | CORE<br>(12:15h - 12:45h)           | CORE<br>(12:15h - 12:45h)           | CORE<br>(12:15h - 12:45h)           | CORE<br>(12:15h - 13:00h)           | CORE<br>(12:15h - 12:45h)           |                                     |                                    |
| 17:00h | TONIFICACIÓN<br>(17:15h - 18:00h)   | TRX<br>(17:15h - 18:00h)            | G.A.P<br>(17:15h - 18:00h)          | TRX<br>(17:15h - 18:00h)            | TONIFICACIÓN<br>(17:15h - 18:00h)   | CROSS WORKOUT<br>(17:15h - 18:00h)  | CROSS WORKOUT<br>(17:15h - 18:00h) |
| 18:00h | BOXING CLASS<br>(18:00h - 19:00h)   | BOXING CLASS<br>(18:00h - 19:00h)   | BOXING CLASS<br>(18:00h - 19:00h)   | BOXING CLASS<br>(18:00h - 19:00h)   | SPARRING<br>(18:00h - 19:00h)       |                                     |                                    |
|        | K1<br>(18:00h - 19:00h)             | MUAY THAI<br>(18:00h - 19:00h)      | K1<br>(18:00h - 19:00h)             | MUAY THAI<br>(18:00h - 19:00h)      |                                     |                                     |                                    |
|        | CROSS TRAINING<br>(18:00h - 19:00h) | CROSS TRAINING<br>(18:00h - 19:00h) | CROSS TRAINING<br>(18:00h - 19:00h) | CROSS TRAINING<br>(18:00h - 19:00h) | CROSS TRAINING<br>(18:00h - 19:00h) |                                     |                                    |
|        | TONIFICACIÓN<br>(18:15h - 19:00h)   | G.A.P<br>(18:15h - 19:00h)          | TONIFICACIÓN<br>(18:15h - 19:00h)   | TRX<br>(18:15h - 19:00h)            |                                     |                                     |                                    |
| 19:00h | K1<br>(19:00h - 20:00h)             | BOXING CLASS<br>(19:00h - 20:00h)   | BOXING CLASS<br>(19:00h - 20:00h)   | BOXING CLASS<br>(19:00h - 20:00h)   | SPARRING<br>(19:00h - 20:00h)       |                                     |                                    |
|        | G.A.P<br>(19:15h - 20:00h)          | TONIFICACIÓN<br>(19:15h - 20:00h)   | PILATES<br>(19:15h - 20:00h)        | G.A.P<br>(19:15h - 20:00h)          | TONIFICACIÓN<br>(19:15h - 20:00h)   |                                     |                                    |
| 20:00h | PILATES<br>(20:15h - 21:00h)        | BAILES LATINOS<br>(20:00h - 21:00h) | CORE<br>(20:15h - 20:45h)           | TONIFICACIÓN<br>(20:15h - 21:00h)   | PILATES<br>(20:15h - 21:00h)        |                                     |                                    |



■ ALTA INTENSIDAD / HIGH INTENSITY  
■ INTENSIDAD MEDIA / MEDIUM INTENSITY  
■ ACTIVIDAD DE CUERPO / BODY AND MIND ACTIVITY