

ACTIVIDADES DIRIGIDAS / GROUP CLASSES

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



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