

ACTIVIDADES DIRIGIDAS / GROUP CLASSES

	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
08:00h	CROSS TRAINING (8:00h-9:00h)	CROSS TRAINING (8:00h-9:00h)	CROSS TRAINING (8:00h-9:00h)	CROSS TRAINING (8:00h-9:00h)	CROSS TRAINING (8:00h-9:00h)	CROSS TRAINING (8:00h-9:00h)	
09:00h	CROSS TRAINING (9:00h-10:00h)	CROSS TRAINING (9:00h-10:00h)	CROSS TRAINING (9:00h-10:00h)	CROSS TRAINING (9:00h-10:00h)	CROSS TRAINING (9:00h-10:00h)	CROSS TRAINING (9:00h-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)		INDOOR ABS (10:15h-10:45h)
11:00h	CROSS TRAINING (11:00h-12:00h)	BOXING (11:00h-12:00h)	CROSS TRAINING (11:00h-12:00h)	BOXING (11:00h-12:00h)	CROSS TRAINING (11:00h-12:00h)		
12:00h	BOXING (11:00h-12:00h)	PILATES (11:15h-12:00h)	BOXING (11:00h-12:00h)	BOXING (11:00h-12:00h)	SPARRING (11:00h-12:00h)		
17:00h	FUNCIONAL TRX (10:15h-11:00h)	GAP (10:15h-11:00h)	FUNCIONAL TRX (10:15h-11:00h)	FUNCIONAL TRX (10:15h-11:00h)	GAP (10:15h-11:00h)		
18:00h	CROSS TRAINING (11:00h-12:00h)	BOXING (11:00h-12:00h)	CROSS TRAINING (11:00h-12:00h)	BOXING (11:00h-12:00h)	SPARRING (11:00h-12:00h)		
19:00h	INDOOR ABS (12:15h-12:45h)	MOBILITY (12:15h-12:45h)	LEGS & ABS (12:15h-13:00h)	LEGS & ABS (12:15h-13:00h)	MOBILITY (12:15h-12:45h)		
20:00h	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)		
21:00h	UPPER CIRCUIT (17:15h-17:45h)	TONIFICACIÓN (17:15h-18:00h)	LOWER CIRCUIT (17:15h-17:45h)	TONIFICACIÓN (17:15h-18:00h)	UPPER CIRCUIT (17:15h-17:45h)	FUNCTIONAL CIRCUIT (17:15h-17:45h)	FUNCTIONAL CIRCUIT (17:15h-17:45h)
22:00h	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)		
23:00h	CROSS TRAINING (18:00h-19:00h)	FUNCIONAL TRX (18:15h-19:00h)	FUNCIONAL TRX (18:15h-19:00h)	FUNCIONAL TRX (18:15h-19:00h)	CROSS TRAINING (18:00h-19:00h)		
24:00h	LEGS & ABS (19:15h-20:00h)	OUTDOOR ABS (19:15h-19:45h)	LEGS & ABS (19:15h-20:00h)	OUTDOOR ABS (19:15h-19:45h)	LEGS & ABS (19:15h-20:00h)		
25:00h	BOXING (19:15h-20:00h)	BOXING (19:15h-20:00h)	BOXING (19:15h-20:00h)	BOXING (19:15h-20:00h)	SPARRING (19:15h-20:00h)		
26:00h		BAILES LATINOS (20:15h-21:15h)			PILATES (20:15h-21:00h)		

- MODERATE LEVEL / NIVEL INTERMEDIO
- EASY LEVEL / NIVEL FÁCIL
- FIGHTING CLASSES / CLASES DE COMBATE
- MIND & BODY CLASSES / CLASES DE MENTE Y CUERPO

