

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
07:30	SPINNING		SPINNING		SPINNING		
08:15	SPINNING		SPINNING		SPINNING		
09:00	CALISTENIA CROSSFIT	CROSSFIT	CALISTENIA CROSSFIT	CROSSFIT	CALISTENIA CROSSFIT		
09:30		CALISTENIA		CALISTENIA			
10:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
11:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
13:00	BAILE	YOGA	BAILE	YOGA	BAILE		
17:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
18:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
19:00	CROSSFIT ENTRENAMIENTO FUNCIONAL	CROSSFIT TAEKWONDO (ADULTOS)	CROSSFIT ENTRENAMIENTO FUNCIONAL	CROSSFIT TAEKWONDO (ADULTOS)	CROSSFIT ENTRENAMIENTO FUNCIONAL		
19:30		HATHA YOGA		HATHA YOGA			
20:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
21:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		