

## HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
08:00	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT		
09:00	CROSSFIT LOCALIZADA	CROSSFIT	CROSSFIT LOCALIZADA	CROSSFIT	CROSSFIT LOCALIZADA	CROSSFIT	
10:00	STRETCHING	YOGA	STRETCHING	YOGA	STRETCHING	CROSSFIT YOGA	
11:00	CHI KUNG		CHI KUNG		CHI KUNG	CROSSFIT POWER LOCAL	
12:00						HIIT	
16:00	AQUA GYM		AQUA GYM		AQUA GYM		
17:00	ZUMBA CROSSFIT	CROSSFIT	CROSSFIT ZUMBA	CROSSFIT	CROSSFIT ZUMBA	YOGA	
18:00	CROSSFIT POWER LOCAL	CROSSFIT YOGA	POWER LOCAL CROSSFIT	CROSSFIT YOGA	POWER LOCAL CROSSFIT	SPORTFUNCTIONAL	
19:00	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT	SPORTFUNCTIONAL CROSSFIT	SPORTCYCLE CROSSFIT		
20:00	CROSSFIT VINYASA FLOW	SPORTCYCLE CROSSFIT	CROSSFIT	SPORTCYCLE CROSSFIT	CROSSFIT VINYASA FLOW		