



HORARIOS CLASES

08:00-21:15

CLASES	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9:00						WEIGHTLIFTING/ GYMNASTICS
9:30	N45	N45	N45	N45	N45	
10:00						CROSSTRAINING
10:30	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
14:30	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
17:15	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
18:15	CROSSTRAINING	N45	CROSSTRAINING	N45	CROSSTRAINING	
19:15	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
20:15	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	

OPEN BOX

LUN-VIE 08:00 | 10:00 | 12:00 | 15:00 | 17:00 | 19:00
SAB 09:00 | 11:00