

# HORARIO

## LUNES

## MARTES

## MIÉRCOLES

## JUEVES

## VIERNES

## SÁBADO

07:00  
08:00  
09:00  
10:00  
11:00  
12:00  
14:30  
16:00  
17:00  
17:30  
18:00  
18:30  
19:00  
19:30  
20:00  
20:30  
21:00

07:00-09:00: FUNCIONAL FITNESS

10:00: HYROX, HALTEROFILIA

11:00: STRENGTH

18:00: HYROX, FUNCIONAL FITNESS

18:30: GIMNÁSTICOS

19:00: HALTEROFILIA, STRENGTH, FUNCIONAL FITNESS PARTNER

20:00: FUNDAMENTOS, MOBILITY, HYBRID

07:00-10:00: FUNCIONAL FITNESS

11:00: GIMNÁSTICOS, FUNDAMENTOS

18:00: HYBRID

18:30: HALTEROFILIA

19:00: GIMNÁSTICOS, STRENGTH, FUNCIONAL FITNESS PARTNER

20:00: FUNDAMENTOS, MOBILITY, HYROX

21:00: GIMNÁSTICOS

07:00-10:00: FUNCIONAL FITNESS

11:00: STRENGTH

18:00: HYROX, FUNCIONAL FITNESS

18:30: GIMNÁSTICOS

19:00: HALTEROFILIA, STRENGTH, FUNCIONAL FITNESS PARTNER

20:00: FUNDAMENTOS, MOBILITY, HYBRID

07:00-10:00: FUNCIONAL FITNESS

11:00: MOBILITY, FUNDAMENTOS

18:00: GIMNÁSTICOS, STRENGTH

18:30: HALTEROFILIA

19:00: HYBRID, STRENGTH, GIMNÁSTICOS

20:00: FUNDAMENTOS, MOBILITY, HYROX

07:00-10:00: FUNCIONAL FITNESS

11:00: STRENGTH

18:00: STRENGTH

19:00: STRONG (WO)MAN

20:00: FUNCIONAL FITNESS

10:00: FUNCIONAL FITNESS, HALTEROFILIA

11:30: FUNCIONAL FITNESS

\*Duración de clases - 1h

