



HORARIO CLASES

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
7:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
7:15			CICLO INDOOR		CICLO INDOOR	
9:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
10:00						OPEN BOX
11:00						CROSSTRaining
12:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	OPEN BOX
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	BOXEO
13:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
13:40 a 15:10		POWER YOGA		POWER YOGA		
13:45	BODY PUMP	CICLO INDOOR	BODY PUMP	CICLO INDOOR	CROSSTRaining	
	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining		
14:00	TRX	BOXEO	ABDOMINALES/ HIPOPRESIVOS	BOXEO	BOXEO	
	BOXEO		BOXEO			
15:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
17:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
18:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
19:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	
		KICK BOXING		KICK BOXING		
19:30	KICK BOXING		KICK BOXING		KICK BOXING	
20:00	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	CROSSTRaining	
		KAP		KAP		
		BOXEO	BOXEO	BOXEO	BOXEO	

HORARIO

DE LUNES A VIERNES DE 7h A 22:00h

SABADOS DE 10h A 14h

LA EMPRESA SE RESERVA EL DERECHO DE MODIFICAR HORARIOS DE APERTURA, CURSOS, CLASES, TARIFAS Y MONITORES, SEGÚN CONSIDERE .