



HORARIO CLASES

Hora de Inicio	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
7:00	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
7:15						
9:00	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	
10:00						
12:00	BOXEO	BOXEO	BOXEO	BOXEO	BOXEO	OPEN BOX
11:00						CROSSTRAINING
12:00	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	OPEN BOX
						BOXEO
13:40 a 15:10		POWER YOGA		POWER YOGA		
13:45	BODYPUMP	CICLO INDOOR	CROSSTRAINING	CICLO INDOOR	CROSSTRAINING	
	CROSSTRAINING	CROSSTRAINING		CROSSTRAINING		
14:00	BOXEO	BOXEO	BOXEO	BOXEO	GAP	
					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		
20:00	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	CROSSTRAINING	

HORARIO

DE LUNES A VIERNES DE 7h A 21:00h

SABADOS DE 10h A 14h

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