



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
10:30-12:00		BRAZILIAN JIU JITSU		BRAZILIAN JIU JITSU		
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	JUDO	BOXEO	JUDO	GAP	
	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	BOXEO	

HORARIO

DE LUNES A VIERNES DE 7h A 21:30h

SABADOS DE 10h A 14h

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