



HORARIO GRUPALES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO				
07:00	POWER	HYBRID	IRON	POWER	HYBRID			07:00			
07:30								07:30			
08:00	POWER	HYBRID	IRON	POWER	HYBRID			08:00			
08:30								08:30			
09:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		OPEN BOX	09:00			
09:30								09:30			
10:00								10:00			
10:30								10:30			
11:00								11:00			
11:30								11:30			
12:00	PILATES	OPEN BOX	PILATES	OPEN BOX	OPEN BOX			12:00			
12:30								12:30			
13:00	OPEN BOX		OPEN BOX			OPEN BOX		OPEN BOX		13:00	
13:30										13:30	
14:00	POWER		HYBRID			IRON		POWER	HYBRID		14:00
14:30											14:30
15:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			15:00			
15:30								15:30			
16:00								16:00			
16:30								16:30			
17:00							17:00				
17:30							17:30				
18:00	POWER	PILATES	IRON	PILATES	KETTLEBELL & CALISTENIA		18:00				
18:30							18:30				
19:00	POWER	HYBRID	IRON	POWER	OPEN BOX		19:00				
19:30							19:30				
20:00	POWER	HYBRID	IRON	POWER			20:00				
20:30							20:30				
21:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX			21:00				
21:30							21:30				

RESERVA 5 minutos antes - CANCELA 2 horas antes