



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	HYBRID	OPEN BOX	POWER	OPEN BOX		OPEN BOX	09:00							
09:30									09:30						
10:00		OPEN BOX		OPEN BOX		OPEN BOX		OPEN BOX	IRON	10:00					
10:30												10:30			
11:00	OPEN BOX		OPEN BOX		OPEN BOX				OPEN BOX	IRON	11:00				
11:30													11:30		
12:00	PILATES	OPEN BOX	PILATES	OPEN BOX	OPEN BOX	OPEN BOX		12:00							
12:30											12:30				
13:00	OPEN BOX		OPEN BOX					OPEN BOX	OPEN BOX	OPEN BOX	13:00				
13:30														13:30	
14:00	POWER	HYBRID	IRON	POWER	HYBRID			OPEN BOX	14:00						
14:30												14:30			
15:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		OPEN BOX		15:00						
15:30													15:30		
16:00									OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	16:00
16:30															
17:00	KETTLEBELL & CALISTENIA	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		17:00								
17:30															
18:00	POWER					PILATES	IRON		PILATES	KETTLEBELL & CALISTENIA	18:00				
18:30														18:30	
19:00	POWER					HYBRID	IRON		POWER	OPEN BOX	OPEN BOX	19:00			
19:30															19:30
20:00	POWER					HYBRID	IRON	POWER	OPEN BOX			20:00			
20:30															20:30
21:00	OPEN BOX					OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		21:00			
21:30															

RESERVA 5 minutos antes - CANCELA 2 horas antes