



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		HYBRID		POWER				09:00
09:30								09:30
10:00	OPEN BOX		OPEN BOX			IRON		10:00
10:30								10:30
11:00					OPEN BOX	IRON		11:00
11:30		OPEN BOX		OPEN BOX				11:30
12:00	PILATES		PILATES					12:00
12:30								12:30
13:00	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	15:00
15:30					OPEN BOX			15:30
16:00	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX				16:00
16:30								16:30
17:00					GLÚTEO & CORE	OPEN BOX		17:00
17:30					HYBRID			17:30
18:00	POWER	HYBRID	IRON	PILATES	GLÚTEO & CORE			18:00
18:30					HYBRID			18:30
19:00	POWER	HYBRID	IRON	POWER				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				21:00
21:30								21:30

RESERVA 5 minutos antes - CANCELA o CAMBIA TU RESERVA 1 hora antes