



HORARIO GRUPALES

HYROX
— OFFICIAL GYM

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | |
|-------|----------|----------|-----------|----------|------------------------|----------|----------|-------|
| 07:00 | POWER | HYROX | IRON | POWER | HYROX | | | 07:00 |
| 08:00 | POWER | HYROX | IRON | POWER | HYROX | | | 08:00 |
| 09:00 | | HYROX | | POWER | | | | 09:00 |
| 10:00 | | | | | | IRON | | 10:00 |
| 11:00 | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | IRON | | 11:00 |
| 12:00 | | PILATES | | PILATES | | | | 12:00 |
| 13:00 | | | | | | | | 13:00 |
| 14:00 | POWER | HYROX | IRON | POWER | HYROX | | | 14:00 |
| 15:00 | | | | | | | OPEN BOX | 15:00 |
| 16:00 | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | OPEN BOX | | | 16:00 |
| 17:00 | | | | | GLÚTEO & CORE HYROX | OPEN BOX | | 17:00 |
| 18:00 | POWER | HYROX | IRON | POWER | GLÚTEO & CORE HYROX | | | 18:00 |
| 19:00 | POWER | HYROX | IRON | POWER | | | | 19:00 |
| 20:00 | POWER | HYROX | IRON | POWER | OPEN BOX | | | 20:00 |
| 21:00 | | | | | | | | 21:00 |

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