

■ HORARIO CLASES

CrossTraining
Hybrid
Funcional
Open
Gymnastics
Yoga Iyengar
Weightlifting

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining	CrossTraining	
8:00	CrossTraining	Funcional	Hybrid	Funcional	CrossTraining	
9:00	Open	Open	Open	Open	Open	CrossTraining (9:30)
10:00	Hybrid	CrossTraining	Hybrid	CrossTraining	Hybrid	CrossTraining (10:30) CrossTraining (11:30)
16:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining	CrossTraining	
17:00	Hybrid	CrossTraining Gymnastics	CrossTraining Weightlifting	CrossTraining Funcional	Hybrid	
18:00	CrossTraining	Funcional	CrossTraining	Gymnastics	CrossTraining	
19:00	CrossTraining	CrossTraining	Hybrid	CrossTraining	CrossTraining	
20:00	Yoga Iyengar	CrossTraining	Yoga Iyengar	CrossTraining		
21:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining		

HORARIO CLASES

CrossTraining
Hybrid
Funcional
Open
Gymnastics
Yoga Iyengar
Weightlifting

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining	CrossTraining	
8:00	CrossTraining	Funcional	Hybrid	Funcional	CrossTraining	
9:00	Open	Open	Open	Open	Open	CrossTraining (9:30)
10:00	Hybrid	CrossTraining	Hybrid	CrossTraining	Hybrid	CrossTraining (10:30) CrossTraining (11:30)
16:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining	CrossTraining	
17:00	Hybrid	CrossTraining Gymnastics	CrossTraining Weightlifting	CrossTraining Funcional	Hybrid	
18:00	CrossTraining	Funcional	CrossTraining	Gymnastics	CrossTraining	
19:00	CrossTraining	CrossTraining	Hybrid	CrossTraining	CrossTraining	
20:00	Yoga Iyengar	CrossTraining	Yoga Iyengar	CrossTraining		
21:00	CrossTraining	CrossTraining	CrossTraining	CrossTraining		