



HORARIO NALU TRAINING



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7.00		TRX TRAINING 7.00 - 7.55		TRX TRAINING 7.00 - 7.55	
8.00					
9.00					
9.30					
10.00		FUNCTIONAL TRAINING 10.00 - 11.00		FUNCTIONAL TRAINING 10.00 - 11.00	
10.30	YOGA HATHA 10.00 - 11.15	Pilates Suelo 11.15 - 12.00	YOGA HATHA 10.00 - 11.15		
11.00					
11.30	FUNCTIONAL TRAINING 12.30 - 13.30		FUNCTIONAL TRAINING 12.30 - 13.30		YOGA HATHA 11.00 - 12.15
12.00					
13.00					
13.30					
14.00		TRX TRAINING 14.00 - 15.00		TRX TRAINING 14.00 - 15.00	
14.30	YOGA HATHA 14.00 - 15.00		YOGA HATHA 14.00 - 15.00		
15.00					
18.00	TRX TRAINING 18.00 - 19.00		TRX TRAINING 18.00 - 19.00		
18.30					
19.00	Surfset 19:00 - 20:00		Surfset 19:00 - 20:00		
19.30		YOGA VINYASA 19.15 - 20.30		YOGA VINYASA 19.15 - 20.30	
20.00					
20.30	YOGA VINYASA 20.15 - 21.30	FUNCTIONAL TRAINING 20.30 - 21.30	YOGA VINYASA 20.15 - 21.30	FUNCTIONAL TRAINING 20.30 - 21.30	
21.00					
21.30					
22.00					