

HORARIO DE CLASES NALU TRAINING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	FUNCTIONAL TRAINING - HIBRID 08.00 - 09.00 Lydia		FUNCTIONAL TRAINING - HIBRID 08.00 - 09.00 Lydia	
	FUNCTIONAL TRAINING - HIBRID 09.00 - 10.00 Lydia		FUNCTIONAL TRAINING - HIBRID 09.00 - 10.00 Lydia	
	FUNCTIONAL TRAINING - STRONG 10.00 - 11.00 Sergi		FUNCTIONAL TRAINING - HIIT 10.00 - 11.00 Lydia	FUNCTIONAL TRAINING - STRONG 10.00 - 11.00 Sergio
			PILATES 11.30- 12.30 Lydia	YOGA HATHA 11.00 -12.10 Jorbe
FUNCTIONAL TRAINING - STRONG 11.30 - 12.30 Dani		FUNCTIONAL TRAINING - HIIT 11.30 - 12.30 Dani		
FUNCTIONAL TRAINING - STRONG 12.30 - 13.30 Dani		FUNCTIONAL TRAINING - HIBRID 12.30 - 13.30 Dani		
PILATES 17.00- 18.00 Borja	FUNCTIONAL TRAINING - HIIT 17.00 - 18.00 Antonia	FUNCTIONAL TRAINING - STRONG 17.00 - 18.00 Antonia	FUNCTIONAL TRAINING - HIBRID 17.00 - 18.00 Antonia	FUNCTIONAL TRAINING - HIIT 17.00 - 18.00 Antonia
FUNCTIONAL TRAINING HIIT 18.00 - 19.00 Borja	FUNCTIONAL TRAINING HIBRID 18.00 - 19.00 Antonia	FUNCTIONAL TRAINING STRONG 18.00 - 19.00 Antonia	FUNCTIONAL TRAINING STONG 18.00 - 19.00 Antonia	FUNCTIONAL TRAINING - HIBRD 18.00 - 19.00 Antonia
Surfset 19:00 - 20:00 Borja	YOGA VINYASA 19.00 - 20.10 Jorbe	Surfset 19:00 - 20:00 Sergi	YOGA VINYASA 19.00 - 20.10	FUNCTIONAL TRAINING - STRONG 19.00 - 20.00 Antonia
YOGA VINYASA 20.00 - 21.10 Mika	FUNCTIONAL TRAINING - STRONG 20.10 - 21. 05 Antonia	YOGA VINYASA 20.00 - 21.10 Mika	FUNCTIONAL TRAINING - HIIT 20.10 - 21. 05 Antonia	
	FUNCTIONAL TRAINING - HIBRID 21.05 - 21. 55 Antonia		FUNCTIONAL TRAINING - STRONG 21.05 - 21. 55 Antonia	