

HORARIO NALU TRAINING

7.00
8.00
9.00
9.30
10.00
10.30
11.00
11.30
12.00
13.00
13.30
14.00
14.30
15.00

18.00
18.30
19.00
19.30
20.00
20.30
21.00
21.30
22.00

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7.00					
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 - 12.15	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	
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		YOGA VINYASA 20.15 - 21.30		
21.00		FUNCTIONAL TRAINING 20.30 - 21. 30		FUNCTIONAL TRAINING 20.30 - 21. 30	
21.30					
22.00					