

HORARIO DE CLASES OCTUBRE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7.00		TRX TRAINING 7.00 - 7.50		TRX TRAINING 7.00 - 7.50	
8.00					
9.00					
9.30					
10.00	YOGA HATHA 10.00 - 11.15	FUNCTIONAL TRAINING 10.00 - 11.00	YOGA HATHA 10.00 - 11.15	FUNCTIONAL TRAINING 10.00 - 11.00	
10.30					
11.00	FUNCTIONAL TRAINING 11.30 - 12.30		FUNCTIONAL TRAINING 11.30 - 12.30		YOGA HATHA 11.00 - 12.15
11.30					
12.00					
13.00					
13.30					
14.00	YOGA HATHA 14:00 - 15:05	TRX TRAINING 14.00 - 14.50	YOGA HATHA 14:00 - 15:05	TRX TRAINING 14.00 - 14.50	
14.30					
15.00					
18.00	TRX TRAINING 18.00 - 19.00	Movement Training 18:00 - 19:00	TRX TRAINING 18.00 - 19.00		
18.30					
19.00	Surfset 19:00 - 20:00	YOGA VINYASA 19.15 - 20.30	Surfset 19:00 - 20:00	YOGA VINYASA 19.15 - 20.30	
19.30					
20.00	YOGA VINYASA 20.15 - 21.30	FUNCTIONAL TRAINING 20.30 - 21.30	YOGA VINYASA 20.15 - 21.30	FUNCTIONAL TRAINING 20.30 - 21.30	
20.30					
21.00					
21.30					
22.00					

\* PA - PENDIENTE DE ACTIVAR esta clase se activará con un mínimo de personas apuntadas.

