



HORARIO DE CLASES NALU TRAINING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	FUNCTIONAL TRAINING - HIBRID 8.00 - 9.00		FUNCTIONAL TRAINING - HIBRID 8.00 - 9.00	
	FUNCTIONAL TRAINING - HIBRID 9.00 - 10.00		FUNCTIONAL TRAINING - HIBRID 9.00 - 10.00	
	FUNCTIONAL TRAINING - STRONG 10.00 - 11.00	YOGA HATHA 10.00 -11.10	FUNCTIONAL TRAINING - HIIT 10.00 - 11.00	FUNCTIONAL TRAINING - STRONG 10.00 - 11.00
FUNCTIONAL TRAINING - STRONG 11.30 - 12.30		PILATES 11.30- 12.30		YOGA HATHA 11.00 - 12.10
FUNCTIONAL TRAINING - STRONG 12.30 - 13.30		FUNCTIONAL TRAINING - HIIT 12.30 - 13.30		
PILATES 17.00- 18.00			FUNCTIONAL TRAINING - HIIT 17.00 - 18.00	
FUNCTIONAL TRAINING HIIT 18.00 - 19.00	FUNCTIONAL TRAINING HIIT 18.00 - 19.00	FUNCTIONAL TRAINING HIIT 18.00 - 19.00	FUNCTIONAL TRAINING STONG 18.00 - 19.00	FUNCTIONAL TRAINING - STRONG 18.00 - 19.00
Surfset 19:00 - 20:00	YOGA VINYASA 19.00 - 20.10	Surfset 19:00 - 20:00	YOGA VINYASA 19.00 - 20.10	FUNCTIONAL TRAINING - HIIT 19.00 - 20.00
YOGA VINYASA 20.00 - 21.10	FUNCTIONAL TRAINING - STRONG 20.10 - 21. 05	YOGA VINYASA 20.00 - 21.10	FUNCTIONAL TRAINING - HIIT 20.10 - 21. 05	