



HORARIO DE CLASES NALU TRAINING SEPT 2024

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	FUNCTIONAL TRAINING - STRONG 10.00 - 11.00	YOGA HATHA 10.00 -11.15	FUNCTIONAL TRAINING - HIIT 10.00 - 11.00	
		PILATES 11.30- 12.30		YOGA HATHA 11.00 - 12.15
FUNCTIONAL TRAINING - STRONG 12.30 - 13.30		FUNCTIONAL TRAINING - HIIT 12.30 - 13.30		
PILATES 17.00- 18.00				
FUNCTIONAL TRAINING - HIIT 18.00 - 19.00	FUNCTIONAL TRAINING - HIIT 18.00 - 19.00	FUNCTIONAL TRAINING - STRONG 18.00 - 19.00	FUNCTIONAL TRAINING - STRONG 18.00 - 19.00	
BOOT CAMP TRAINING 19.15 - 20.15	YOGA VINYASA 19.15 - 20.30	Surfset 19:00 -20:00	YOGA VINYASA 19.15 - 20.30	FUNCTIONAL TRAINING - STRONG 18.00 - 19.00
Surfset 19:00 - 20:00	FUNCTIONAL TRAINING - STRONG 20.30 - 21. 30	YOGA VINYASA 20.15 - 21.30	FUNCTIONAL TRAINING - HIIT 20.30 - 21. 30	BOOT CAMP TRAINING 19.15 - 20.15
YOGA VINYASA 20.15 - 21.30				