SALA CLASES

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00 - 08:55 **GAP (Máx 10)**	08:00 - 08:55 **Entrenamiento Funcional (Máx 10)**	08:00 - 08:55 **POWER (Máx 10)**	08:00 - 08:55 **Entrenamiento Funcional (Máx 10)**	08:00 - 08:55 **POWER (Máx 10)**		
09:00 - 09:55 **Entrenamiento Funcional (Máx 10)**	09:00 - 09:55 **GAP (Máx 10)**	09:00 - 09:55 **Entrenamiento Funcional (Máx 10)**	09:00 - 09:55 **UP BOOTY (Máx 10)**	09:00 - 09:55 **MINDBODY (Máx 10)**		
16:30 - 17:30 **GAP (Máx 10)**	17:00 - 17:55 **Entrenamiento Funcional (Máx 10)**	16:30 - 17:25 **POWER (Máx 10)**	17:00 - 17:55 **Entrenamiento Funcional (Máx 10)**	16:30 - 17:30 **POWER (Máx 10)**		
17:30 - 18:30 **Entrenamiento Funcional (Máx 10)**	18:00 - 18:55 **GAP (Máx 10)**	17:30 - 18:25 **UP BOOTY (Máx 10)**	18:00 - 18:55 **POWER (Máx 10)**	17:30 - 18:30 **MINDBODY (Máx 10)**		
18:30 - 19:30 **POWER (Máx 10)**	19:00 - 19:55 **Entrenamiento Funcional (Máx 10)**	18:30 - 19:30 **Entrenamiento Funcional (Máx 10)**	19:00 - 19:55 **MINDBODY (Máx 10)**			

08/01/2025

SALA LIBRE Y CARDIO

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00 - 08:55 **1H CARDIO (Máx 4)**	08:00 - 08:55 **1H CARDIO (Máx 4)**	08:00 - 08:55 **1H CARDIO (Máx 4)**	08:00 - 08:55 **1H CARDIO (Máx 4)**			
09:00 - 09:55 **1H CARDIO (Máx 4)**	09:00 - 09:55 **1H CARDIO (Máx 4)**	09:00 - 09:55 **1H CARDIO (Máx 4)**	09:00 - 09:55 **1H CARDIO (Máx 4)**			
16:30 - 17:25 **1H CARDIO (Máx 4)**	17:00 - 17:55 **1H CARDIO (Máx 4)**	16:30 - 17:25 **1H CARDIO (Máx 4)**	17:00 - 17:55 **1H CARDIO (Máx 4)**			
17:30 - 18:25 **1H CARDIO (Máx 4)**	18:00 - 18:55 **1H CARDIO (Máx 4)**	17:30 - 18:25 **1H CARDIO (Máx 4)**	18:00 - 18:55 **1H CARDIO (Máx 4)**			

08/01/2025