

PERSONAL TRAINER

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00 - 07:00: Crossfit (10)	07:00 - 07:45: Crossfit (10)	08:00 - 09:00: Entrenador Personal (1)	08:00 - 09:00: Entrenador Personal (1)	08:00 - 09:00: Entrenador Personal (1)		
08:00 - 09:00: Entrenador Personal (1)	08:00 - 09:00: Entrenador Personal (1)	09:00 - 10:00: Entrenador Personal (1)	09:00 - 10:00: Entrenador Personal (1)	09:00 - 10:00: Entrenador Personal (1)		
09:00 - 10:00: Entrenador Personal (1)	09:00 - 10:00: Entrenador Personal (1)	10:00 - 11:00: Entrenador Personal (1)	10:00 - 11:00: Entrenador Personal (1)	10:00 - 11:00: Entrenador Personal (1)		
10:00 - 11:00: Entrenador Personal (1)	10:00 - 11:00: Entrenador Personal (1)	11:00 - 12:00: Entrenador Personal (1)	11:00 - 12:00: Entrenador Personal (1)	11:00 - 12:00: Entrenador Personal (1)		
11:00 - 12:00: Entrenador Personal (1)	11:00 - 12:00: Entrenador Personal (1)	18:00 - 18:45: Entrenador Personal (3)	18:00 - 18:45: Entrenador Personal (3)			
	19:00 - 19:45: Entrenador Personal (3)	19:00 - 19:45: Entrenador Personal (3)	19:00 - 19:45: Entrenador Personal (3)			

SALA CROSSFIT

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 08:00: Crossfit (10)	10:00 - 11:00: Crossfit (10)	10:00 - 11:00: Crossfit (10)	10:00 - 11:00: Crossfit (10)	10:00 - 11:00: Crossfit (10)		
10:00 - 11:00: Crossfit (10)	11:00 - 12:00: Crossfit (10)	11:00 - 12:00: Crossfit (10)	11:00 - 12:00: Crossfit (10)	11:00 - 12:00: Crossfit (10)		
11:00 - 12:00: Crossfit (10)	12:00 - 13:00: Crossfit (10)	12:00 - 13:00: Crossfit (10)	12:00 - 13:00: Crossfit (10)	12:00 - 13:00: Crossfit (10)		
12:00 - 13:00: Crossfit (10)	13:00 - 14:00: Crossfit (10)	13:00 - 14:00: Crossfit (10)	13:00 - 14:00: Crossfit (10)	13:00 - 14:00: Crossfit (10)		
13:00 - 14:00: Crossfit (10)	17:00 - 18:00: Crossfit (10)	17:00 - 18:00: Crossfit (10)	17:00 - 18:00: Crossfit (10)	17:00 - 18:00: Crossfit (10)		
17:00 - 18:00: Crossfit (10)	18:00 - 19:00: Crossfit (10)	18:00 - 19:00: Crossfit (10)	18:00 - 19:00: Crossfit (10)	18:00 - 19:00: Crossfit (10)		
18:00 - 19:00: Crossfit (10)						

SALA OPENBOX

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00 - 10:00: Open Box (20)	08:00 - 10:00: Open Box (20)	08:00 - 10:00: Open Box (20)	08:00 - 10:00: Open Box (20)	08:00 - 10:00: Open Box (20)	08:00 - 10:00: Open Box (20)	
10:00 - 12:00: Open Box (20)	10:00 - 12:00: Open Box (20)	10:00 - 12:00: Open Box (20)	10:00 - 12:00: Open Box (20)	10:00 - 12:00: Open Box (20)	10:00 - 12:00: Open Box (20)	
12:00 - 14:00: Open Box (20)	12:00 - 14:00: Open Box (20)	12:00 - 14:00: Open Box (20)	12:00 - 14:00: Open Box (20)	12:00 - 14:00: Open Box (20)	12:00 - 14:00: Open Box (20)	
17:00 - 19:00: Open Box (20)	17:00 - 19:00: Open Box (20)	17:00 - 19:00: Open Box (20)	17:00 - 19:00: Open Box (20)	17:00 - 19:00: Open Box (20)	17:00 - 19:00: Open Box (20)	
19:00 - 21:00: Open Box (20)	19:00 - 21:00: Open Box (20)	19:00 - 21:00: Open Box (20)	19:00 - 21:00: Open Box (20)	19:00 - 21:00: Open Box (20)	19:00 - 21:00: Open Box (20)	

17/05/2024