

HORARIO DE ACTIVIDADES COLECTIVAS

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
09:00 - 10:00		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
10:00 - 11:00						
11:00 - 12:00						RUNNING
12:00 - 13:00						CROSS TRAINING
13:00 - 14:00						
14:00 - 15:00	GLOBAL TRAINING		GLOBAL TRAINING		HIPOPRESIVOS	
15:00 - 16:00						
16:00 - 17:00					CROSS TRAINING	
17:00 - 18:00	HIPOPRESIVOS	CORE		GAP/TRX		
18:00 - 19:00		CROSS TRAINING		CROSS TRAINING		
19:00 - 20:00	GAP/TRX		CORE			
20:00 - 21:00	CROSS TRAINING		CROSS TRAINING			

