



## CENTRO DE ENTRENAMIENTO

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 08:30 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	07:30 - 08:30 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	07:30 - 08:30 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>	07:30 - 08:30 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	07:30 - 08:30 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>		
08:40 - 09:40 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	08:40 - 09:40 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>	08:40 - 09:40 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	08:40 - 09:40 <b>CORE (Máx 10)</b>	08:40 - 09:40 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>		
10:00 - 11:00 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	14:30 - 15:30 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	10:00 - 11:00 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>	10:00 - 11:00 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	10:00 - 11:00 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>		
14:30 - 15:30 <b>FUNCIONAL BOXING (Máx 8)</b>	17:00 - 18:00 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	14:30 - 15:30 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	14:30 - 15:30 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>	14:30 - 15:30 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>		
17:00 - 18:00 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	18:05 - 19:05 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	17:00 - 18:00 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	17:00 - 18:00 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	19:15 - 20:15 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>		
18:05 - 19:05 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	19:15 - 20:15 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>	18:05 - 19:05 <b>GROUP TRAINING FUERZA (1) (Máx 10)</b>	18:05 - 19:05 <b>GROUP TRAINING FUERZA (2) (Máx 10)</b>			
19:15 - 20:15 <b>CORE (Máx 10)</b>		19:15 - 20:15 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>	19:15 - 20:15 <b>FUNCIONAL BOXING (Máx 8)</b>			



## NEXT LEVEL

### LUNES

07:00 - 08:00 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>
08:15 - 09:15 <b>AR HYBRID (Máx 10)</b>
17:00 - 18:00 <b>AR HYBRID (Máx 10)</b>
18:05 - 19:05 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>

### MARTES

17:00 - 18:00 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>
18:05 - 19:05 <b>CORE (Máx 10)</b>

### MIÉRC.

### JUEVES

07:00 - 08:00 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>
17:00 - 18:00 <b>CORE (Máx 10)</b>
18:05 - 19:05 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>

### VIERNES

07:00 - 08:00 <b>AR HYBRID (Máx 0)</b>
08:15 - 09:15 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>
18:05 - 19:05 <b>AR HYBRID (Máx 10)</b>

### SÁBADO

08:30 - 09:30 <b>AR HYBRID (Máx 10)</b>
09:30 - 10:30 <b>GROUP TRAINING FUNCIONAL (Máx 10)</b>

### DOMINGO