CENTRO DE ENTRENAMIENTO

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 08:30 **GROUP TRAINING FUNCIONAL (Máx 10)**	07:30 - 08:30 **GROUP TRAINING FUERZA (1) (Máx 10)**	07:30 - 08:30 **GROUP TRAINING FUNCIONAL (Máx 10)**	07:30 - 08:30 **GROUP TRAINING FUERZA (1) (Máx 10)**	07:30 - 08:30 **GROUP TRAINING FUERZA (2) (Máx 10)**	08:30 - 09:20 **CROSS TRAINING (Máx 10)**	
08:40 - 09:40 **GROUP TRAINING FUERZA (1) (Máx 10)**	08:40 - 09:40 **GROUP TRAINING FUNCIONAL (Máx 10)**	08:40 - 09:40 **GROUP TRAINING FUERZA (2) (Máx 10)**	08:40 - 09:40 **CORE (Máx 10)**	08:40 - 09:40 **GROUP TRAINING FUNCIONAL (Máx 10)**	09:30 - 10:30 **GROUP TRAINING FUNCIONAL (Máx 10)**	
10:00 - 11:00 **GROUP TRAINING FUERZA (2) (Máx 10)**	14:30 - 15:30 **GROUP TRAINING FUERZA (2) (Máx 10)**	10:00 - 11:00 **GROUP TRAINING FUNCIONAL (Máx 10)**	10:00 - 11:00 **GROUP TRAINING FUERZA (1) (Máx 10)**	10:00 - 11:00 **GROUP TRAINING CARDIO (Máx 10)**		
14:30 - 15:30 **FUNCIONAL BOXING (Máx 8)**	17:00 - 18:00 **GROUP TRAINING FUNCIONAL (Máx 10)**	14:30 - 15:30 **GROUP TRAINING FUERZA (1) (Máx 10)**	14:30 - 15:30 **GROUP TRAINING FUNCIONAL (Máx 10)**	14:30 - 15:30 **GROUP TRAINING FUERZA (2) (Máx 10)**		
17:00 - 18:00 **GROUP TRAINING FUERZA (1) (Máx 10)**	18:05 - 19:05 **CORE (Máx 10)**	17:00 - 18:00 **GROUP TRAINING FUERZA (2) (Máx 10)**	17:00 - 18:00 **CORE (Máx 10)**	18:00 - 19:00 **GROUP TRAINING FUNCIONAL (Máx 10)**		
18:05 - 19:05 **GROUP TRAINING FUERZA (2) (Máx 10)**	19:15 - 20:15 **GROUP TRAINING FUERZA (2) (Máx 10)**	18:05 - 19:05 **GROUP TRAINING FUERZA (1) (Máx 10)**	18:00 - 19:00 **GROUP TRAINING FUNCIONAL (Máx 10)**	19:15 - 20:15 **GROUP TRAINING FUERZA (1) (Máx 10)**		
19:15 - 20:15 **CORE (Máx 10)**		19:15 - 20:15 **GROUP TRAINING FUNCIONAL (Máx 10)**	19:15 - 20:15 **FUNCIONAL BOXING (Máx 10)**			
20:20 - 21:20 **GROUP TRAINING FUNCIONAL (Máx 10)**						

21/04/2025