Horario Mañanas de Lunes a Viernes

Salas Box, Acro y Baile/Polideportivo

	LUNES				MARTES				MIERCOLES				JUEVES				VIERNES		
	BOX1	BOX2	LIBRE	SALA 1	BOX1	BOX2	LIBRE	SALA 1	BOX1	BOX2	LIBRE	ACRO 1	BOX1	BOX2	LIBRE	POLI 1	BOX1	BOX2	LIBRE
7:00	CROSS training	Resistance	OPEN		OPEN	CROSS training	OPEN		CROSS training	Resistance	OPEN		OPEN	CROSS training	OPEN		CROSS training	OPEN	OPEN
7:30																			
8:00	CROSS training	Gymnastics	OPEN		Power Glute	Gymnastics	OPEN	Stretching	CROSS training	Gymnastics	OPEN		Power Glute	Gymnastics	OPEN	Stretching	OPEN	Kettlebel /Dumbell	OPEN
8:30				GAP								GAP							
9:00	Strong LIFTING	OCR	OPEN		Kettlebel /Dumbell	CROSS training	OPEN		Strong LIFTING	OCR	OPEN		Kettlebel /Dumbell	CROSS training	OPEN		Strong LIFTING	OCR	OPEN
9:30				DANZA ADULTOS								DANZA ADULTOS							
10:00	Kettlebel /Dumbell		OPEN		Strong LIFTING		OPEN		Kettlebel /Dumbell		OPEN		Strong LIFTING		OPEN		Kettlebel /Dumbell		OPEN
10:30		OPOSICIONES				OPOSICIONES				OPOSICIONES				OPOSICIONES				OPOSICIONES	
11:00	OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		OPEN		OPEN
11:30																			
12:00	CROSS training		OPEN		OPEN		OPEN		CROSS training		OPEN		OPEN		OPEN		CROSS training		OPEN
12:30		OPEN								OPEN								OPEN	
13:00	OPEN		OPEN		OPEN	CROSS training	OPEN		OPEN		OPEN		OPEN	CROSS training	OPEN		OPEN		OPEN
13:30		OPEN								OPEN								OPEN	
14:00			OPEN		OPEN		OPEN				OPEN		OPEN		OPEN				OPEN

Horario Tardes de Lunes, Martes, Miércoles

	LUNES								MARTES								MIERCOLES							
	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	SALA 1	SALA 2	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	SALA 1	SALA 2	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2
14:30	CROSS training	Gymnastics								CROSS training							CROSS training	Gymnastics						
15:00			OPEN						OPEN		OPEN								OPEN					
15:30	OPEN	OPOSICIONES								OPOSICIONES							OPEN	OPOSICIONES						
16:00			OPEN						OPEN		OPEN								OPEN					
16:30	Kettlebel /Dumbell																Kettlebel /Dumbell							
17:00			OPEN						Kettlebel /Dumbell	CROSS training	OPEN								OPEN					
17:30	Power Glute	Training KIDS		ACRODANCE NV1	ACRODANCE NV2	ACRODANCE NV1	BALLET INICIACIÓN	JAZZ MUSICAL				ACRODANCE NV1	ACRODANCE NV2	ACRODANCE NV1	JAZZ INICIACIÓN	FUNKY / HIP-HOP	Power Glute	Training KIDS		ACRODANCE NV1	ACRODANCE NV2	ACRODANCE NV1	BALLET INICIACIÓN	JAZZ MUSICAL
18:00			OPEN						Strong LIFTING	OCR	OPEN								OPEN					
18:30	CROSS training	OCR		ACRODANCE NV2	ACRODANCE NV3	ACRODANCE NV2	BALLET MEDIO	FUNKY / HIP-HOP				ACRODANCE NV2	ACRODANCE NV3	ACRODANCE NV2	JAZZ MEDIO AVANZADO	BALLET INICIACIÓN	CROSS training	OCR		ACRODANCE NV2	ACRODANCE NV3	ACRODANCE NV2	BALLET MEDIO	FUNKY / HIP-HOP
19:00			OPEN						Power Glute	CROSS training	OPEN								OPEN					
19:30	Strong LIFTING	Endurance		FITKID COMPETICIÓN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FUNKY / HIP-HOP	DANZA CONTEMPORANEA				FITKID COMPETICIÓN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FUNKY / HIP-HOP	BALLET MEDIO/AVANZADO	Strong LIFTING	Endurance		FITKID COMPETICIÓN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FUNKY / HIP-HOP	DANZA CONTEMPORANEA
20:00			OPEN						Kettlebel /Dumbell	CROSS training	OPEN								OPEN					
20:30	CROSS training	OPEN					DANZA ADULTOS								PILATES	GAP	CROSS training	OPEN					DANZA ADULTOS	
21:00			OPEN						OPEN	Gymnastics	OPEN								OPEN					
21:30																								

Horario Tardes Jueves y Viernes

	JUEVES								VIERNES							
14:30	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2
15:00	OPEN	CROSS training	OPEN						CROSS training	OPEN	OPEN					
15:30																
16:00	Power Glute	Gymnastics	OPEN				Stretching		OPEN	Kettlebel /Dumbell	OPEN					
16:30																
17:00	Kettlebel /Dumbell	CROSS training	OPEN						Strong LIFTING	OCR	OPEN					
17:30																
18:00	Strong LIFTING		OPEN						Kettlebel /Dumbell		OPEN					
18:30		OPOSICIONES								OPOSICIONES						
19:00	OPEN		OPEN						OPEN		OPEN					
19:30																
20:00	OPEN		OPEN						CROSS training		OPEN					
20:30										OPEN						
21:00	OPEN	CROSS training	OPEN						OPEN		OPEN					
21:30										OPEN						
	OPEN		OPEN								OPEN					
14:30		CROSS training							CROSS training							
15:00	OPEN		OPEN							OPOSICIONES	OPEN					
15:30		OPOSICIONES							OPEN							
16:00	OPEN		OPEN								OPEN					
16:30									OPEN							
17:00	Kettlebel /Dumbell	CROSS training	OPEN								OPEN		RESERVA LIBRE	RESERVA LIBRE		
17:30				ACRODANCE NV1	ACRODANCE NV2	ACRODANCE NV1	JAZZ INICIACIÓN	FUNKY / HIP-HOP	Power Glute	Training KIDS		ACRODANCE NV1	RESERVA LIBRE	RESERVA LIBRE	FUNKY / HIP-HOP	BALLET AVANZADO
18:00	Strong LIFTING	OCR	OPEN								OPEN					
18:30				ACRODANCE NV2	ACRODANCE NV3	ACRODANCE NV2	JAZZ MEDIO AVANZADO	BALLET INICIACIÓN	CROSS training	OCR		RESERVA LIBRE				
19:00	Power Glute	CROSS training	OPEN								OPEN					
19:30																
20:00	Kettlebel /Dumbell	CROSS training	OPEN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FUNKY / HIP-HOP	BALLET MEDIO/AVANZADO	Strong LIFTING	Endurance	OPEN		FITKID COMPETICIÓN			
20:30							PILATES	GAP	CROSS training							
21:00	OPEN	Gymnastics	OPEN								OPEN					
21:30																

Horario Tardes Jueves y Viernes

	JUEVES								VIERNES							
14:30	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2
15:00	OPEN	CROSS training	OPEN						CROSS training	OPEN	OPEN					
15:30																
16:00	Power Glute	Gymnastics	OPEN				Stretching		OPEN	Kettlebel /Dumbell	OPEN					
16:30																
17:00	Kettlebel /Dumbell	CROSS training	OPEN						Strong LIFTING	OCR	OPEN					
17:30																
18:00	Strong LIFTING		OPEN						Kettlebel /Dumbell		OPEN					
18:30		OPOSICIONES								OPOSICIONES						
19:00	OPEN		OPEN						OPEN		OPEN					
19:30																
20:00	OPEN		OPEN						CROSS training		OPEN					
20:30										OPEN						
21:00	OPEN	CROSS training	OPEN						OPEN		OPEN					
21:30										OPEN						
	OPEN		OPEN								OPEN					
14:30		CROSS training							CROSS training							
15:00	OPEN		OPEN							OPOSICIONES	OPEN					
15:30		OPOSICIONES							OPEN							
16:00	OPEN		OPEN								OPEN					
16:30									OPEN							
17:00	Kettlebel /Dumbell	CROSS training	OPEN								OPEN		RESERVA LIBRE	RESERVA LIBRE		
17:30				ACRODANCE NV1	ACRODANCE NV2	ACRODANCE NV1	JAZZ INICIACIÓN	FUNKY / HIP-HOP	Power Glute	Training KIDS		ACRODANCE NV1	RESERVA LIBRE	RESERVA LIBRE	FUNKY / HIP-HOP	BALLET AVANZADO
18:00	Strong LIFTING	OCR	OPEN								OPEN					
18:30				ACRODANCE NV2	ACRODANCE NV3	ACRODANCE NV2	JAZZ MEDIO AVANZADO	BALLET INICIACIÓN	CROSS training	OCR		RESERVA LIBRE				
19:00	Power Glute	CROSS training	OPEN								OPEN					
19:30																
20:00	Kettlebel /Dumbell	CROSS training	OPEN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FITKID COMPETICIÓN	FUNKY / HIP-HOP	BALLET MEDIO/AVANZADO	Strong LIFTING	Endurance	OPEN		FITKID COMPETICIÓN			
20:30							PILATES	GAP	CROSS training							
21:00	OPEN	Gymnastics	OPEN								OPEN					
21:30																

Horario Sábados

De 07:00 a 13:30

	SABADO							
	BOX1	BOX2	LIBRE	ACRO 1	ACRO 2	ACRO 3	POLI 1	POLI2
7:00	OPEN	OPEN	OPEN					
7:30								
8:00	OPEN	OPEN	OPEN					
8:30								
9:00	CROSS training	CROSS training	OPEN					
9:30								
10:00	CROSS training	CROSS training	OPEN	FITKID COMPETICIÓN				
10:30								
11:00	CROSS training	CROSS training	OPEN					
11:30								
12:00	CROSS training	CROSS training	OPEN					
12:30								
13:00	OPEN	OPEN	OPEN					
13:30								