

## HORARIO TEMPORADA 2023-2024

### LUNES

07:30	CROSS TRAINING
08:30	CROSS TRAINING
10:00	CROSS TRAINING
11:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
11:00	KICK BOXING - BOXEO
12:00	KICK BOXING - BOXEO
13:00	CROSS TRAINING
14:30	CROSS TRAINING
15:30	CROSS TRAINING
17:30	FUNCIONAL BOXING
18:30	FUNCIONAL BOXING
17:30	JIU JITSU 3-7 AÑOS
18:30	JIU JITSU 3-7 AÑOS
17:30	KICK BOXING NIÑOS
18:30	KICK BOXING NIÑOS
18:00	CROSS TRAINING
19:00	CROSS TRAINING
18:30	JIU JITSU 7-14 AÑOS
19:30	JIU JITSU 7-14 AÑOS
18:30	KICK BOXING - BOXEO
19:30	KICK BOXING - BOXEO
19:00	CROSS TRAINING
20:00	CROSS TRAINING
19:30	BRAZILIAN JIU JITSU
20:30	BRAZILIAN JIU JITSU
19:30	KICK BOXING - BOXEO
20:30	KICK BOXING - BOXEO
20:00	CROSS TRAINING
21:00	CROSS TRAINING
20:30	KICK BOXING CHICAS
21:30	KICK BOXING CHICAS
20:30	KICK BOXING - BOXEO
21:30	KICK BOXING - BOXEO
20:30	BAILE ACTIVO
21:30	BAILE ACTIVO
21:00	CROSS TRAINING
22:00	CROSS TRAINING

### MARTES

07:30	CROSS TRAINING
08:30	CROSS TRAINING
10:00	CROSS TRAINING
11:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
11:00	KICK BOXING - BOXEO
10:30	YOGA
12:00	YOGA
12:00	KICK BOXING - BOXEO
13:00	KICK BOXING - BOXEO
13:45	YOGA
15:15	YOGA
14:00	KICK BOXING - BOXEO
15:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	CROSS TRAINING
17:30	JUDO NIÑOS
18:30	JUDO NIÑOS
17:30	KARATE 4-8 AÑOS
18:30	KARATE 4-8 AÑOS
17:30	KICK BOXING - BOXEO
18:30	KICK BOXING - BOXEO
18:00	CROSS TRAINING
19:00	CROSS TRAINING
18:30	JUDO
19:30	JUDO
18:30	JIU JITSU
20:00	JIU JITSU
18:30	KICK BOXING - BOXEO
19:30	KICK BOXING - BOXEO
18:30	KARATE 9-14 AÑOS
19:30	KARATE 9-14 AÑOS
19:00	CROSS TRAINING
20:00	CROSS TRAINING
19:30	KICK BOXING - BOXEO
20:30	KICK BOXING - BOXEO
19:30	YOGA
21:00	YOGA
20:00	CROSS TRAINING
21:00	CROSS TRAINING
20:00	KARATE
21:00	KARATE
20:00	JIU JITSU
21:30	JIU JITSU
20:30	KICK BOXING - BOXEO
21:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
21:30	KICK BOXING CHICAS
21:00	AIKIDO
22:00	AIKIDO
21:00	CAPOEIRA
22:00	CAPOEIRA
21:00	CROSS TRAINING
22:00	CROSS TRAINING
21:00	PULSOS
22:00	PULSOS

### MIÉRCOLES

07:30	CROSS TRAINING
08:30	CROSS TRAINING
10:00	CROSS TRAINING
11:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
11:00	KICK BOXING - BOXEO
12:00	KICK BOXING - BOXEO
13:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	CROSS TRAINING
17:30	FUNCIONAL BOXING
18:30	FUNCIONAL BOXING
17:30	JIU JITSU 3-7 AÑOS
18:30	JIU JITSU 3-7 AÑOS
17:30	KICK BOXING NIÑOS
18:30	KICK BOXING NIÑOS
18:00	CROSS TRAINING
19:00	CROSS TRAINING
18:30	JIU JITSU 7-14 AÑOS
19:30	JIU JITSU 7-14 AÑOS
18:30	KICK BOXING - BOXEO
19:30	KICK BOXING - BOXEO
19:00	CROSS TRAINING
20:00	CROSS TRAINING
19:30	BRAZILIAN JIU JITSU
20:30	BRAZILIAN JIU JITSU
19:30	KICK BOXING - BOXEO
20:30	KICK BOXING - BOXEO
20:00	CROSS TRAINING
21:00	CROSS TRAINING
20:00	WING CHUN
21:00	WING CHUN
20:30	KICK BOXING CHICAS
21:30	KICK BOXING CHICAS
20:30	KICK BOXING - BOXEO
21:30	KICK BOXING - BOXEO
20:30	BAILE ACTIVO
21:30	BAILE ACTIVO
21:00	CROSS TRAINING
22:00	CROSS TRAINING

### JUEVES

07:30	CROSS TRAINING
08:30	CROSS TRAINING
10:00	CROSS TRAINING
11:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
11:00	KICK BOXING - BOXEO
10:30	YOGA
12:00	YOGA
12:00	KICK BOXING - BOXEO
13:00	KICK BOXING - BOXEO
13:45	YOGA
15:15	YOGA
14:00	KICK BOXING - BOXEO
15:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	CROSS TRAINING
17:30	JUDO NIÑOS
18:30	JUDO NIÑOS
17:30	KARATE 4-8 AÑOS
18:30	KARATE 4-8 AÑOS
17:30	KICK BOXING - BOXEO
18:30	KICK BOXING - BOXEO
18:00	CROSS TRAINING
19:00	CROSS TRAINING
18:30	JUDO
19:30	JUDO
18:30	JIU JITSU
20:00	JIU JITSU
18:30	KICK BOXING - BOXEO
19:30	KICK BOXING - BOXEO
18:30	KARATE 9-14 AÑOS
19:30	KARATE 9-14 AÑOS
19:00	CROSS TRAINING
20:00	CROSS TRAINING
19:30	KICK BOXING - BOXEO
20:30	KICK BOXING - BOXEO
19:30	YOGA
21:00	YOGA
20:00	CROSS TRAINING
21:00	CROSS TRAINING
20:00	KARATE
21:00	KARATE
20:00	JIU JITSU
21:30	JIU JITSU
20:30	KICK BOXING - BOXEO
21:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
21:30	KICK BOXING CHICAS
21:00	AIKIDO
22:00	AIKIDO
21:00	CAPOEIRA
22:00	CAPOEIRA
21:00	CROSS TRAINING
22:00	CROSS TRAINING
21:00	PULSOS
22:00	PULSOS

### VIERNES

07:30	CROSS TRAINING
08:30	CROSS TRAINING
10:00	KICK BOXING - BOXEO
11:00	KICK BOXING - BOXEO
10:00	HIPOPRESIVOS
11:00	HIPOPRESIVOS
10:00	CROSS TRAINING
11:00	CROSS TRAINING
12:00	KICK BOXING - BOXEO
13:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	CROSS TRAINING
17:15	TAEKWONDO
18:15	TAEKWONDO
18:00	CROSS TRAINING
19:00	CROSS TRAINING
18:00	WING CHUN
19:00	WING CHUN
18:15	TAEKWONDO
19:15	TAEKWONDO
18:30	KICK BOXING - BOXEO
19:30	KICK BOXING - BOXEO
18:30	BRAZILIAN JIU JITSU
19:30	BRAZILIAN JIU JITSU
19:00	CROSS TRAINING
20:00	CROSS TRAINING
19:30	KICK BOXING - BOXEO
20:30	KICK BOXING - BOXEO
19:30	JIU JITSU
20:30	JIU JITSU
20:00	CROSS TRAINING
21:00	CROSS TRAINING

### SÁBADO

11:00	CROSS TRAINING
12:00	CROSS TRAINING
11:00	KICK BOXING - BOXEO
12:00	KICK BOXING - BOXEO
12:00	CROSS TRAINING
13:00	CROSS TRAINING
12:00	KICK BOXING - BOXEO
13:00	KICK BOXING - BOXEO
12:00	PULSOS
14:00	PULSOS

