

Hora	Lunes	📍	Martes	📍	Miércoles	📍	Jueves	📍	Viernes	📍
7:00	Crosstraining 12	1	Funcional 12	1	Crosstraining 12	1	Funcional 12	1	Crosstraining 12	1
7:00	Jiu jitsu	2	Jiu jitsu	2	Body combat	2	Jiu jitsu	2	Jiu jitsu	2
8:00	Funcional 6	1	Crosstraining 12	1	Funcional 6	1	Crosstraining 12	1	Funcional 6	1
8:00	Movility	2	Movility	2	Jiu jitsu	2	Cardio HIIT	2	Movility	2
9:00	Funcional 12	1	Funcional 6	1	Funcional 12	1	Funcional 6	1	Funcional 12	1
9:00	Cardio HIIT	2	Body combat	2	Cardio HIIT	2	Movility	2	Cardio HIIT	2
14:30	Crosstraining 12	1	Funcional 6	1	Crosstraining 12	1			Funcional 6	1
15:30	Funcional 6	1	Crosstraining 12	1	Funcional 6	1	Funcional 6	1	Crosstraining 12	1
16:30	Crosstraining 12	1	Funcional 6	1	Crosstraining 12	1	Funcional 6	1	Funcional 6	1
17:30	Funcional 6	1	Funcional 6	1	Funcional 6	1	Crosstraining 12	1	Funcional 12	1
17:30	Kids +6	2	Kids +6	2			Kids +6	2	Kids +6	2
18:30	Funcional 12	1	Funcional 6	1	Funcional 12	1	Crosstraining 12	1	Crosstraining 12	1
18:30	Cardio HIIT	2	Jiu jitsu	2			Body combat	2	Jiu jitsu	2
19:30	Funcional 6	1	Funcional 12	1	Funcional 6	1	Funcional 12	1	Funcional 6	1
19:30	Jiu jitsu	2	Body combat	2			Jiu jitsu	2		