



TIEMPO
TIME

LUNES
MONDAY

MARTES
TUESDAY

MIÉRCOLES
WEDNESDAY

JUEVES
THURSDAY

VIERNES
FRIDAY

SABADO
SATURDAY

DOMINGO
SUNDAY

07:50

BOOTCAMP

BOXING MADNESS

CYCLING

BOOTCAMP

BOXING MADNESS

**METHABOLIC
TRAINING**

09:10

BOXING MADNESS

KICKBOX BASIC

BOXING MADNESS

BOOTCAMP

10:10

BOOTCAMP

KICKBOX BASIC

CYCLING

BOXING MADNESS

KIDS BOX



11:10

CYCLING

BOOTCAMP

BOXING MADNESS

BOOTCAMP

CYCLING

CYCLING

KICKBOX BASIC

12:10

BOOTCAMP

BOOTCAMP

BOXING MADNESS

BOOTCAMP

BOOTCAMP

KICKBOX ADVANCED

**UP TO
1000 KCAL**

14:10

BOOTCAMP

BOXING MADNESS

CYCLING

BOOTCAMP

YOGA

16:10



17:10

BOXING MADNESS

CYCLING

YOGA

BOOTCAMP

18:10

YOGA

BOOTCAMP

BOOTCAMP

KICKBOX BASIC

50'

19:10

BOOTCAMP

KICKBOX BASIC

BOXING MADNESS

