

ARTES MARCIALES INFANTILES

	Lunes	Martes	Miércoles	Jueves	Viernes
17:30 · 18:15	MARTIAL KIDZ	MARTIAL KIDZ	MARTIAL KIDZ	MARTIAL KIDZ	TEAM RYU
18:15 · 19:15	MARTIAL POINT	MARTIAL POINT	MARTIAL POINT	MARTIAL POINT	MARTIAL POINT

ARTES MARCIALES ADOLESCENTES · ADULTOS

	Lunes	Martes	Miércoles	Jueves	Viernes
10:00 · 11:30	MMARTIAL MAX	ENTRENO LIBRE	MMARTIAL MAX	ENTRENO LIBRE	MMARTIAL MAX
16:00 · 17:00		MMARTIAL MAX		MMARTIAL MAX	
18:15 · 19:15		MARTIAL DEFENSE		MARTIAL DEFENSE	
19:15 · 20:30	MARTIAL DEFENSE		MARTIAL DEFENSE		MARTIAL DEFENSE
20:30 · 22:00	MMARTIAL MAX	MMARTIAL MAX	MMARTIAL MAX	MMARTIAL MAX	MMARTIAL MAX

BOXEO PARA TODOS

	Lunes	Martes	Miércoles	Jueves	Viernes
10:30 · 11:30	BOXEO	ENTRENO LIBRE	BOXEO	ENTRENO LIBRE	BOXEO
16:00 · 17:00		FITBOXING		FITBOXING	
17:00 · 18:00	FITBOXING		FITBOXING		BOXEO
19:15 · 20:30		BOXEO		BOXEO	
20:30 · 22:00		BOXEO		BOXEO	BOXEO

DEFFITBOX · CLASES EXCLUSIVAS PARA CHICAS

	Lunes	Martes	Miércoles	Jueves	Viernes
10:00 · 11:30		DEFFITBOX		DEFFITBOX	
18:00 · 19:00	DEFFITBOX		DEFFITBOX		DEFFITBOX

PREPARACIÓN FÍSICA · CROSSTRAINING

	Lunes	Martes	Miércoles	Jueves	Viernes
8:30 · 9:30	HIIT TRAINING	ENTRENO LIBRE	HIIT TRAINING	ENTRENO LIBRE	HIIT TRAINING
14:00 · 15:00	SMALL GROUP	SMALL GROUP	SMALL GROUP	SMALL GROUP	
15:00 · 16:00	SMALL GROUP	SMALL GROUP	SMALL GROUP	SMALL GROUP	
19:00 · 20:00	SMALL GROUP	SMALL GROUP	SMALL GROUP	SMALL GROUP	