

## CLASES COLECTIVAS JULIO 2020

| HORA  | LUNES            | HORA  | MARTES          | HORA  | MIERCOLES        | HORA  | JUEVES          | HORA  | VIERNES          |
|-------|------------------|-------|-----------------|-------|------------------|-------|-----------------|-------|------------------|
| 14:15 |                  | 14:15 | CROSSHIIT       | 14:15 |                  | 14:15 | CROSSHIIT       | 14:15 |                  |
| 14:30 | EXPRESS-TRAINING | 14:30 |                 | 14:30 | EXPRESS-TRAINING | 14:30 |                 | 14:30 | EXPRESS-TRAINING |
| 15:15 | CORE             | 15:15 |                 | 15:15 | CORE             | 15:15 |                 | 15:15 | CORE             |
| 20:30 | CROSHIIT         | 20:30 | WEIGHT TRAINING | 20:30 | CROSHIIT         | 20:30 | WEIGHT TRAINING | 20:30 | CROSHIIT         |

15 MINUTOS

30 MINUTOS

45 MINUTOS

1 HORA