

HORARIOS WOLFPACK FITNESS - Segundo semestre 2021

HORAS	LUNES			MARTES			MIERCOLES			JUEVES			VIERNES			SABADO					
	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3	SALA 1	SALA 2	SALA 3			
6.00 - 7.00	Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training							
7.30 - 8.30	Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training							
9.00 - 10.00	Cross Training	Cross Training	TRX MMT	Cross Training	Cross Training	Fitbox	Cross Training	Cross Training	TRX MMT	Cross Training	Cross Training	Fitbox	Cross Training	Cross Training	TRX MMT						
10.00 - 11.00		Open Box			Open Box			Open Box			Open Box			Open Box		Cross Training	Cross Training	TRX			
11.00 - 12.00																			Cross Training	Cross Training	TRX MMT
12.00 - 13.00				TRX									TRX							Cross Training	Open Box
13.00 - 14.00	Cross Training	Ent.Funcional	Fit Box	Cross Training	Cross Training	TRX	Cross Training	Ent.Funcional	Fit Box	Cross Training	Cross Training	TRX	Cross Training	Ent.Funcional	Fit Box						
14.00 - 15.00		Open Box			Open Box	Fit Box		Open Box			Open Box	Fit Box		Open Box							
16.00 - 17.00	Cross Training																				
17.30 - 18.30	Cross Training	Ent.Funcional	Fit Box	Cross Training	Ent.Funcional	TRX MMT	Cross Training	Ent.Funcional	Fit Box	Cross Training	Ent.Funcional	TRX MMT	Cross Training	Ent.Funcional	Fit Box						
19.00 - 20.00	Cross Training	Ent.Funcional	TRX	Cross Training	Cross Training	Fit Box	Cross Training	Ent.Funcional	TRX	Cross Training	Cross Training	Fit Box	Cross Training	Ent.Funcional	TRX						
20.30 - 21.30	Cross Training	Kettlelbel	TRX MMT	Cross Training	Cross Training	Strong	Cross Training	Kettlelbel	TRX MMT	Cross Training	Cross Training	Strong	Cross Training	Kettlelbel	TRX MMT						

* HORARIO SUJETO A CAMBIOS