

## HORARIOS WOLFPACK FITNESS - 2º SEMESTRE 2022

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								
7.00 - 8.00						Ent. Funcional						Ent. Funcional										
7.30 - 8.30	Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training		Cross Training	Cross Training								
8.00 - 9.00						Stretching						Stretching										
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	Qigong						
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	P. Salud			TRX						P. Salud			TRX					P. Salud		TRX	Cross Training	Alta Intensidad
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		F.E.E.M	Open Box	Fit Box		Open Box		F.E.E.M	Open Box	Fit Box		Open Box								
16.30 - 17.30	Cross Training									Cross Training								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							
18.30 - 19.30	Cross Training	Ent.Funcional	TRX	Cross Training	Alta Intensidad	Fit Box	Cross Training	Ent.Funcional	TRX	Cross Training	Alta Intensidad	Fit Box	Cross Training	Ent.Funcional	TRX							
19.30 - 20.30	Cross Training	Ent.Funcional	Strong Nation	Cross Training	Levantamiento	F.E.E.M	Cross Training	Ent.Funcional	Strong Nation	Cross Training	Levantamiento	F.E.E.M	Cross Training	Ent.Funcional								
20.30 - 21.30	Cross Training	Kettlebel	TRX MMT	Cross Training	Alta Intensidad	Ent. Funcional	Cross Training	Kettlebel	TRX MMT	Cross Training	Alta Intensidad	Ent. Funcional	Cross Training	Kettlebel	TRX MMT							

\* HORARIO SUJETO A CAMBIOS