

HORARIOS FITNESS DR

	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO
	ZONA BOX	TATAMI	ZONA BOX	TATAMI	ZONA BOX	TATAMI	ZONA BOX	TATAMI	ZONA BOX	TATAMI	ZONA BOX
07:00:00	CROSS				CROSS				CROSS		
08:00:00	OPEN BOX				OPEN BOX				OPOSI		
09:15:00	CROSS				CROSS				CROSS		CROS***
10:15:00											
12:15:00											
15:00:00									CROSS		
17:15:00											
18:00:00	CROSS	JUDO	TEENS*		OPEN	JUDO	TEENS*		OPEN	JUDO	
19:00:00	CROSS	BJJ	CROSS	BOXEO	CROSS	BJJ	CROSS	BOXEO	OPEN	COMPETI	
20:00:00	CROSS	THAI	CROSS	THAI	CROSS	THAI	CROSS	THAI	CROSS	BJJ	
21:00:00	CROSS	COMPETI	CROSS	COMPETI	CROSS	COMPETI	CROSS	COMPETI	OPEN	COMPETI	
21:45:00		BOXEO		BOXEO		BOXEO		BOXEO			

TEENS: CrossTeens (13-17 años) a las 18:15