

PLANNING

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
			8 H		
				FUNCIONAL	
			9 H		
		FUNCIONAL			
			10 H		
	FUNCIONAL SENIOR			FUNCIONAL SENIOR	
			11 H		
	CROSS-FITNESS			CROSS-FITNESS	
			12 H		
			13 H		
			14 H		
			15.30 H		
FUNCIONAL	AROK KIDS	FUNCIONAL	AROK KIDS	FUNCIONAL	
			16.30 H		
			17 H		
	FUNCIONAL			FUNCIONAL	
			18 H		
FUNCIONAL	FUNCIONAL	FUNCIONAL	FUNCIONAL	FUNCIONAL	
			19 H		
CROSS-FITNESS	MUAY THAI		MUAY THAI	CROSS-FITNESS	
			20 H		
		CROSS-FITNESS			
			21 H		
			22 H		