



# HORARIOS DE ACTIVIDADES

## - Las Heras -

| HS.   | LUNES                                    | MARTES                 | MIÉRCOLES                                | JUEVES                 | VIERNES                                  | SÁBADO         | DOMINGO |
|-------|------------------------------------------|------------------------|------------------------------------------|------------------------|------------------------------------------|----------------|---------|
| 08:00 | Crossfit                                 | Funcional<br>Crossfit  | Crossfit                                 | Funcional<br>Crossfit  | Crossfit                                 |                |         |
| 09:00 | Funcional                                | Spinning<br>Crossfit   | Funcional                                | Spinning<br>Crossfit   | Funcional                                | Crossfit       |         |
| 10:00 | Pilates                                  | Pilates                | Pilates                                  | Pilates                | Pilates                                  | Funcional Kids |         |
| 17:30 |                                          | Funcional Kids         |                                          |                        |                                          |                |         |
| 18:00 | Funcional<br>Pilates<br>Crossfit         | Pilates                | Funcional<br>Pilates<br>Crossfit         | Pilates                | Funcional<br>Pilates<br>Crossfit         | Crossfit       |         |
| 18:30 |                                          | Funcional<br>Crossfit  |                                          | Funcional<br>Crossfit  |                                          |                |         |
| 19:00 | Spinning<br>Funcional<br>Funcional Cross |                        | Funcional<br>Spinning<br>Funcional Cross |                        | Funcional<br>Spinning<br>Funcional Cross | Crossfit       |         |
| 19:30 |                                          | Stretching<br>Crossfit |                                          | Stretching<br>Crossfit |                                          |                |         |
| 20:00 | Crossfit                                 |                        | Crossfit                                 |                        | Crossfit                                 |                |         |
| 20:30 |                                          | Crossfit               |                                          | Crossfit               |                                          |                |         |