

HORARIO Lunes a viernes: 09:00h - 22:00h
 Sábados: 09:00h - 15:00h

HORARIO TEMPORADA 2025-2026

LUNES

10:00	KICK BOXING - BOXEO
11:00	CROSS TRAINING
12:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
17:30	JIU JITSU NIÑOS 3-8 AÑOS
17:30	KICK-BOXING NIÑOS 4-10 AÑOS
18:30	FUNCIONAL BOXING
17:30	FUNCIONAL TRAINING
17:30	DANZA URBANA JUNIORS
18:30	CROSS TRAINING
18:30	KICK BOXING - BOXEO
18:30	JIU JITSU INFANTIL 9-13 AÑOS
18:30	DANZA URBANA TEENS
19:30	CROSS TRAINING
19:30	KICK BOXING - BOXEO AVANZADO
19:30	BRAZILIAN JIU JITSU
19:30	DANZA URBANA ADULTOS
20:00	WING CHUN
20:30	CROSS TRAINING
20:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
20:30	DANZA URBANA ADULTOS AVANZADO

MARTES

09:00	CROSS TRAINING
10:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
10:30	YOGA
11:00	CONDITIONING TRAINING
12:00	KICK BOXING - BOXEO
13:45	YOGA
14:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	JUDO NIÑOS
17:30	KARATE NIÑOS 4-8 AÑOS
17:30	FUNCIONAL TRAINING
18:30	KARATE NIÑOS 9-12 AÑOS
18:30	JUDO
18:30	KICK BOXING - BOXEO
18:30	CROSS TRAINING
18:30	JIU JITSU TRADICIONAL
19:30	YOGA
19:30	KICK BOXING - BOXEO AVANZADO
19:30	CROSS TRAINING
20:00	KARATE
20:00	JIU JITSU TRADICIONAL
20:30	CROSS TRAINING
20:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
21:00	AIKIDO

MIÉRCOLES

10:00	KICK BOXING - BOXEO
10:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
17:30	JIU JITSU NIÑOS 3-8 AÑOS
17:30	KICK-BOXING NIÑOS 4-10 AÑOS
18:30	FUNCIONAL BOXING
17:30	FUNCIONAL TRAINING
17:30	DANZA URBANA JUNIORS
18:30	CROSS TRAINING
18:30	KICK BOXING - BOXEO
18:30	JIU JITSU INFANTIL 9-13 AÑOS
18:30	DANZA URBANA TEENS
19:30	CROSS TRAINING
19:30	KICK BOXING - BOXEO AVANZADO
19:30	BRAZILIAN JIU JITSU
19:30	DANZA URBANA ADULTOS
20:00	WING CHUN
20:30	CROSS TRAINING
20:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
20:30	DANZA URBANA ADULTOS AVANZADO

JUEVES

09:00	CROSS TRAINING
10:00	CROSS TRAINING
10:00	KICK BOXING - BOXEO
10:30	YOGA
11:00	CONDITIONING TRAINING
12:00	KICK BOXING - BOXEO
13:45	YOGA
14:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
15:30	JUDO NIÑOS
17:30	KARATE NIÑOS 4-8 AÑOS
17:30	FUNCIONAL TRAINING
18:30	KARATE NIÑOS 9-12 AÑOS
18:30	JUDO
18:30	KICK BOXING - BOXEO
18:30	CROSS TRAINING
18:30	JIU JITSU TRADICIONAL
19:30	YOGA
19:30	KICK BOXING - BOXEO AVANZADO
19:30	CROSS TRAINING
20:00	KARATE
20:00	JIU JITSU TRADICIONAL
20:30	CROSS TRAINING
20:30	KICK BOXING - BOXEO
20:30	KICK BOXING CHICAS
21:00	AIKIDO

VIERNES

10:00	KICK BOXING - BOXEO
12:00	KICK BOXING - BOXEO
14:30	CROSS TRAINING
17:15	TAEKWONDO
18:15	TAEKWONDO
18:30	CROSS TRAINING
18:30	KICK BOXING - BOXEO
18:30	BRAZILIAN JIU JITSU
19:30	JIU JITSU
19:30	KICK BOXING - BOXEO
19:30	CROSS TRAINING

SÁBADO

11:00	SPARRING BOXEO - K1 INICIACION / MEDIO
12:00	SPARRING BOXEO - K1 AVANZADO
12:00	CAPOEIRA NIÑOS Y ADULTOS

