BOOT CAMP

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 08:30 **OPEN BOOT CAMP (Máx 20)**	07:30 - 08:30 **OPEN BOOT CAMP (Máx 20)**	07:30 - 08:30 **OPEN BOOT CAMP (Máx 20)**	07:30 - 08:30 **OPEN BOOT CAMP (Máx 20)**	07:30 - 08:30 **OPEN BOOT CAMP (Máx 20)**	09:00 - 10:00 **OPEN BOOT CAMP (Máx 20)**	
08:30 - 09:30 **OPEN BOOT CAMP (Máx 20)**	08:30 - 09:30 **OPEN BOOT CAMP (Máx 20)**	08:30 - 09:30 **OCR (Máx 12)**	08:30 - 09:30 **OPEN BOOT CAMP (Máx 20)**	08:30 - 09:30 **OPEN BOOT CAMP (Máx 20)**	10:00 - 11:00 **OPEN BOOT CAMP (Máx 20)**	
09:30 - 10:30 **OPEN BOOT CAMP (Máx 20)**	09:30 - 10:30 **OPEN BOOT CAMP (Máx 20)**	09:30 - 10:30 **OPEN BOOT CAMP (Máx 20)**	09:30 - 10:30 **OPEN BOOT CAMP (Máx 20)**	09:30 - 10:30 **OPEN BOOT CAMP (Máx 20)**	11:00 - 12:00 **OPEN BOOT CAMP (Máx 20)**	
10:30 - 11:30 **OPEN BOOT CAMP (Máx 20)**	10:30 - 11:30 **OPEN BOOT CAMP (Máx 20)**	10:30 - 11:30 **OPEN BOOT CAMP (Máx 20)**	10:30 - 11:30 **OPEN BOOT CAMP (Máx 20)**	10:30 - 11:30 **OPEN BOOT CAMP (Máx 20)**	12:00 - 13:00 **OPEN BOOT CAMP (Máx 20)**	
11:30 - 12:30 **OPEN BOOT CAMP (Máx 20)**	11:30 - 12:30 **OPEN BOOT CAMP (Máx 20)**	11:30 - 12:30 **OPEN BOOT CAMP (Máx 20)**	11:30 - 12:30 **OPEN BOOT CAMP (Máx 20)**	11:30 - 12:30 **OPEN BOOT CAMP (Máx 20)**		
12:30 - 13:30 **OPEN BOOT CAMP (Máx 20)**	12:30 - 13:30 **OPEN BOOT CAMP (Máx 20)**	12:30 - 13:30 **OPEN BOOT CAMP (Máx 20)**	12:30 - 13:30 **OPEN BOOT CAMP (Máx 20)**	12:30 - 13:30 **OPEN BOOT CAMP (Máx 20)**		
13:30 - 14:30 **OPEN BOOT CAMP (Máx 20)**	13:30 - 14:30 **OPEN BOOT CAMP (Máx 20)**	13:30 - 14:30 **OPEN BOOT CAMP (Máx 20)**	13:30 - 14:30 **OPEN BOOT CAMP (Máx 20)**	13:30 - 14:30 **OPEN BOOT CAMP (Máx 20)**		
14:30 - 15:30 **OPEN BOOT CAMP (Máx 20)**	14:30 - 15:30 **OPEN BOOT CAMP (Máx 20)**	14:30 - 15:30 **OPEN BOOT CAMP (Máx 20)**	14:30 - 15:30 **OPEN BOOT CAMP (Máx 20)**	14:30 - 15:30 **OPEN BOOT CAMP (Máx 20)**		
15:30 - 16:30 **OPEN BOOT CAMP (Máx 20)**	15:30 - 16:30 **OPEN BOOT CAMP (Máx 20)**	15:30 - 16:30 **OPEN BOOT CAMP (Máx 20)**	15:30 - 16:30 **OPEN BOOT CAMP (Máx 20)**	15:30 - 16:30 **OPEN BOOT CAMP (Máx 20)**		
16:30 - 17:30 **OPEN BOOT CAMP (Máx 20)**	16:30 - 17:30 **OPEN BOOT CAMP (Máx 20)**	16:30 - 17:30 **OPEN BOOT CAMP (Máx 20)**	16:30 - 17:30 **OPEN BOOT CAMP (Máx 20)**	16:30 - 17:30 **OPEN BOOT CAMP (Máx 20)**		
17:30 - 18:30 **OPEN BOOT CAMP (Máx 20)**	17:30 - 18:30 **OPEN BOOT CAMP (Máx 20)**	17:30 - 18:30 **OPEN BOOT CAMP (Máx 20)**	17:30 - 18:30 **OPEN BOOT CAMP (Máx 20)**	17:30 - 18:30 **OPEN BOOT CAMP (Máx 20)**		
18:30 - 19:30 **OPEN BOOT CAMP (Máx 20)**	18:30 - 19:30 **OPEN BOOT CAMP (Máx 20)**	18:30 - 19:30 **OPEN BOOT CAMP (Máx 20)**	18:30 - 19:30 **OPEN BOOT CAMP (Máx 20)**	19:30 - 20:30 **OCR (Máx 12)**		
19:30 - 20:30 **OPEN BOOT CAMP (Máx 20)**	19:30 - 20:30 **OPEN BOOT CAMP (Máx 20)**	19:30 - 20:30 **OPEN BOOT CAMP (Máx 20)**	19:30 - 20:30 **OPEN BOOT CAMP (Máx 20)**	20:30 - 21:30 **OPEN BOOT CAMP (Máx 20)**		
		20:30 - 21:30				

BOX INTERIOR

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:05 - 08:05 **Wod (Máx 12)**	07:05 - 08:05 **Wod (Máx 12)**	07:05 - 08:05 **Wod (Máx 12)**	07:05 - 08:05 **Strongman (Máx 12)**	07:05 - 08:15 **Wod (Máx 12)**	09:00 - 10:30 **Deka (Máx 20)**	
08:15 - 09:30 **Open Box (Máx 12)**	08:15 - 09:30 **Open Box (Máx 12)**	08:30 - 09:30 **Wod (Máx 12)**	08:30 - 09:30 **Strongman (Máx 12)**	08:15 - 09:30 **Open Box (Máx 12)**	10:30 - 12:00 **Mega Wod (Máx 24)**	
09:30 - 10:30 **Wod (Máx 12)**	09:30 - 10:30 **Wod (Máx 12)**	09:30 - 10:30 **Hiit (Máx 9)**	09:30 - 10:30 **Strongman (Máx 12)**	09:30 - 10:30 **Wod (Máx 12)**	12:00 - 13:00 **Open Box (Máx 12)**	
10:30 - 11:30 **Wod (Máx 12)**	10:30 - 11:30 **Wod (Máx 12)**	10:30 - 11:30 **Wod (Máx 12)**	10:45 - 11:45 **GAP (Máx 6)**	10:30 - 11:30 **Wod (Máx 12)**		
11:30 - 12:30 **Open Box (Máx 12)**	11:30 - 12:30 **Open Box (Máx 12)**	11:30 - 12:30 **Open Box (Máx 12)**	11:45 - 13:30 **Open Box (Máx 12)**	11:30 - 12:30 **Open Box (Máx 12)**		
12:30 - 13:30 **Open Box (Máx 12)**	12:30 - 13:30 **Open Box (Máx 12)**	12:30 - 13:30 **Open Box (Máx 12)**	13:30 - 14:30 **Open Box (Máx 12)**	12:30 - 13:30 **Open Box (Máx 12)**		
13:30 - 14:30 **Open Box (Máx 12)**	13:30 - 14:30 **Open Box (Máx 12)**	13:30 - 14:30 **Open Box (Máx 12)**	14:30 - 15:30 **Open Box (Máx 12)**	13:30 - 15:15 **Open Box (Máx 12)**		
14:30 - 15:30 **Open Box (Máx 12)**	14:30 - 15:30 **Open Box (Máx 12)**	14:30 - 15:30 **Open Box (Máx 12)**	15:30 - 16:30 **Open Box (Máx 12)**	15:15 - 16:15 **Hiit (Máx 9)**		
15:30 - 16:30 **Open Box (Máx 12)**	15:30 - 16:30 **Open Box (Máx 12)**	15:30 - 16:30 **Open Box (Máx 12)**	16:30 - 17:30 **Strongman (Máx 12)**	16:15 - 17:30 **Open Box (Máx 12)**		
16:30 - 17:30 **Open Box (Máx 12)**	16:30 - 17:30 **Hiit (Máx 9)**	16:30 - 17:30 **GAP (Máx 8)**	17:30 - 18:30 **Strongman (Máx 12)**	17:30 - 18:30 **Gymnastics + WOD express (Máx 9)**		
17:30 - 18:30 **Wod (Máx 12)**	17:30 - 18:30 **Wod (Máx 12)**	17:30 - 18:30 **Wod (Máx 12)**	18:30 - 19:30 **Strongman (Máx 12)**	18:30 - 19:30 **Wod (Máx 12)**		
18:30 - 19:30 **Weightlifting + WOD express (Máx 9)**	18:30 - 19:30 **Wod (Máx 12)**	18:30 - 19:30 **Wod (Máx 12)**	19:30 - 20:30 **Strongman (Máx 12)**	19:30 - 20:30 **Wod (Máx 12)**		
19:30 - 20:30 **Wod (Máx 12)**	19:30 - 20:30 **Wod (Máx 12)**	19:30 - 21:00 **Deka (Máx 20)**	20:30 - 21:30 **Open Box (Máx 12)**			
20:30 - 21:30 **Open Box (Máx 12)**	20:30 - 21:30 **Open Box (Máx 12)**	21:00 - 22:00 **Open Box (Máx 12)**				

22/05/2025

CENTRO DEMO

ENTRENAMIENTO PERSONAL

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00 - 21:00 **Entreno Personal (Máx 30)**	07:00 - 21:00 **Entreno Personal (Máx 30)**	07:00 - 21:00 **Entreno Personal (Máx 30)**	07:00 - 21:00 **Entreno Personal (Máx 30)**	07:00 - 21:00 **Entreno Personal (Máx 30)**	09:00 - 12:00 **Entreno Personal (Máx 30)**	

22/05/2025

CENTRO DEMO

EXTERIOR

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 09:00 **Endurance Open (Máx 4)**	07:30 - 09:00 **Barbell Open (Máx 4)**	07:30 - 09:00 **Barbell Open (Máx 4)**	07:30 - 09:00 **Barbell Open (Máx 4)**	07:30 - 09:00 **Endurance Open (Máx 4)**	09:00 - 10:30 **Barbell Open (Máx 4)**	
09:00 - 10:30 **Endurance Open (Máx 4)**	09:00 - 10:30 **Barbell Open (Máx 4)**	09:00 - 10:30 **Barbell Open (Máx 4)**	09:00 - 10:30 **Barbell Open (Máx 4)**	09:00 - 10:30 **Endurance Open (Máx 4)**	11:30 - 13:00 **Barbell Open (Máx 4)**	
10:30 - 12:00 **Endurance Open (Máx 4)**	10:30 - 12:00 **Barbell Open (Máx 4)**	10:30 - 12:00 **Barbell Open (Máx 4)**	10:30 - 12:00 **Barbell Open (Máx 4)**	10:30 - 12:00 **Endurance Open (Máx 4)**		
12:00 - 13:30 **Endurance Open (Máx 4)**	12:00 - 13:30 **Barbell Open (Máx 4)**	12:00 - 13:30 **Barbell Open (Máx 4)**	12:00 - 13:30 **Barbell Open (Máx 4)**	12:00 - 13:30 **Endurance Open (Máx 4)**		
13:30 - 15:00 **Endurance Open (Máx 4)**	13:30 - 15:00 **Barbell Open (Máx 4)**	13:30 - 15:00 **Barbell Open (Máx 4)**	13:30 - 15:00 **Barbell Open (Máx 4)**	13:30 - 15:00 **Endurance Open (Máx 4)**		
15:00 - 16:30 **Endurance Open (Máx 4)**	15:00 - 16:30 **Barbell Open (Máx 4)**	15:00 - 16:30 **Barbell Open (Máx 4)**	15:00 - 16:30 **Barbell Open (Máx 4)**	15:00 - 16:30 **Endurance Open (Máx 4)**		
16:30 - 18:00 **Endurance Open (Máx 4)**	16:30 - 18:00 **Barbell Open (Máx 4)**	16:30 - 18:00 **Barbell Open (Máx 4)**	16:30 - 18:00 **Barbell Open (Máx 4)**	16:30 - 18:00 **Endurance Open (Máx 4)**		
18:00 - 19:30 **Endurance Open (Máx 4)**	18:00 - 19:30 **Barbell Open (Máx 4)**	18:00 - 19:30 **Barbell Open (Máx 4)**	18:00 - 19:30 **Barbell Open (Máx 4)**	18:00 - 19:30 **Endurance Open (Máx 4)**		
19:30 - 21:00 **Endurance Open (Máx 4)**	19:30 - 21:00 **Barbell Open (Máx 4)**	19:30 - 21:00 **Barbell Open (Máx 4)**	19:30 - 21:00 **Barbell Open (Máx 4)**			

22/05/2025

CENTRO DEMO

FOCUS EVOLUTION GYM

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 22:00 **Sala de Musculación (Máx 200)**	07:30 - 22:00 **Sala de Musculación (Máx 200)**	07:30 - 22:00 **Sala de Musculación (Máx 200)**	07:30 - 22:00 **Sala de Musculación (Máx 200)**	07:30 - 22:00 **Sala de Musculación (Máx 200)**	09:00 - 13:00 **Sala de Musculación (Máx 200)**	

22/05/2025