BOOT CAMP

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30 - 08:30 **OPEN BOX EXTERIOR (Máx 20)**	07:30 - 08:30 **OPEN BOX EXTERIOR (Máx 20)**	07:30 - 08:30 **OPEN BOX EXTERIOR (Máx 20)**	07:30 - 08:30 **OPEN BOX EXTERIOR (Máx 20)**	07:30 - 08:30 **OPEN BOX EXTERIOR (Máx 20)**	08:00 - 09:00 **OPEN BOX EXTERIOR (Máx 20)**	
08:30 - 09:30 **OPEN BOX EXTERIOR (Máx 20)**	08:30 - 09:30 **OPEN BOX EXTERIOR (Máx 20)**	08:30 - 09:30 **OPEN BOX EXTERIOR (Máx 4)**	08:30 - 09:30 **OPEN BOX EXTERIOR (Máx 20)**	08:30 - 09:30 **OPEN BOX EXTERIOR (Máx 20)**	09:00 - 10:00 **OPEN BOX EXTERIOR (Máx 20)**	
09:30 - 10:30 **OPEN BOX EXTERIOR (Máx 20)**	09:30 - 10:30 **OPEN BOX EXTERIOR (Máx 20)**	09:30 - 10:30 **OPEN BOX EXTERIOR (Máx 20)**	09:30 - 10:30 **OPEN BOX EXTERIOR (Máx 20)**	09:30 - 10:30 **OPEN BOX EXTERIOR (Máx 20)**	10:00 - 11:00 **OPEN BOX EXTERIOR (Máx 20)**	
10:30 - 11:30 **OPEN BOX EXTERIOR (Máx 20)**	10:30 - 11:30 **OPEN BOX EXTERIOR (Máx 20)**	10:30 - 11:30 **OPEN BOX EXTERIOR (Máx 20)**	10:30 - 11:30 **OPEN BOX EXTERIOR (Máx 20)**	10:30 - 11:30 **OPEN BOX EXTERIOR (Máx 20)**	11:00 - 12:00 **OPEN BOX EXTERIOR (Máx 20)**	
11:30 - 12:30 **OPEN BOX EXTERIOR (Máx 20)**	11:30 - 12:30 **OPEN BOX EXTERIOR (Máx 20)**	11:30 - 12:30 **OPEN BOX EXTERIOR (Máx 20)**	11:30 - 12:30 **OPEN BOX EXTERIOR (Máx 20)**	11:30 - 12:30 **OPEN BOX EXTERIOR (Máx 20)**		
12:30 - 13:30 **OPEN BOX EXTERIOR (Máx 20)**	12:30 - 13:30 **OPEN BOX EXTERIOR (Máx 20)**	12:30 - 13:30 **OPEN BOX EXTERIOR (Máx 20)**	12:30 - 13:30 **OPEN BOX EXTERIOR (Máx 20)**	12:30 - 13:30 **OPEN BOX EXTERIOR (Máx 20)**		
13:30 - 14:30 **OPEN BOX EXTERIOR (Máx 20)**	13:30 - 14:30 **OPEN BOX EXTERIOR (Máx 20)**	13:30 - 14:30 **OPEN BOX EXTERIOR (Máx 20)**	13:30 - 14:30 **OPEN BOX EXTERIOR (Máx 20)**	13:30 - 14:30 **OPEN BOX EXTERIOR (Máx 20)**		
14:30 - 15:30 **OPEN BOX EXTERIOR (Máx 20)**	14:30 - 15:30 **OPEN BOX EXTERIOR (Máx 20)**	14:30 - 15:30 **OPEN BOX EXTERIOR (Máx 20)**	14:30 - 15:30 **OPEN BOX EXTERIOR (Máx 20)**	14:30 - 15:30 **OPEN BOX EXTERIOR (Máx 20)**		
15:30 - 16:30 **OPEN BOX EXTERIOR (Máx 20)**	15:30 - 16:30 **OPEN BOX EXTERIOR (Máx 20)**	15:30 - 16:30 **OPEN BOX EXTERIOR (Máx 20)**	15:30 - 16:30 **OPEN BOX EXTERIOR (Máx 20)**	15:30 - 16:30 **OPEN BOX EXTERIOR (Máx 20)**		
16:30 - 17:30 **OPEN BOX EXTERIOR (Máx 20)**	16:30 - 17:30 **OPEN BOX EXTERIOR (Máx 20)**	16:30 - 17:30 **OPEN BOX EXTERIOR (Máx 20)**	16:30 - 17:30 **OPEN BOX EXTERIOR (Máx 20)**	16:30 - 17:30 **OPEN BOX EXTERIOR (Máx 20)**		
17:30 - 18:30 **OPEN BOX EXTERIOR (Máx 20)**	17:30 - 18:30 **OPEN BOX EXTERIOR (Máx 20)**	17:30 - 18:30 **OPEN BOX EXTERIOR (Máx 20)**	17:30 - 18:30 **OPEN BOX EXTERIOR (Máx 20)**	17:30 - 18:30 **OPEN BOX EXTERIOR (Máx 20)**		
18:30 - 19:30 **OPEN BOX EXTERIOR (Máx 20)**	18:30 - 19:30 **OPEN BOX EXTERIOR (Máx 20)**	18:30 - 19:30 **OPEN BOX EXTERIOR (Máx 20)**	18:30 - 19:30 **OPEN BOX EXTERIOR (Máx 20)**	20:30 - 21:30 **OPEN BOX EXTERIOR (Máx 20)**		
19:30 - 20:30 **OPEN BOX EXTERIOR (Máx 20)**	19:30 - 20:30 **OPEN BOX EXTERIOR (Máx 20)**	19:30 - 20:30 **OPEN BOX EXTERIOR (Máx 20)**	19:30 - 20:30 **OPEN BOX EXTERIOR (Máx 20)**			

BOX INTERIOR

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
06:00 - 07:05 **Entrenamiento Personal (Máx 100)**	06:00 - 07:05 **Entrenamiento Personal (Máx 100)**	06:00 - 07:05 **Entrenamiento Personal (Máx 100)**	06:00 - 07:05 **Entrenamiento Personal (Máx 100)**	06:00 - 07:05 **Entrenamiento Personal (Máx 100)**	08:15 - 09:30 **MEGAHIIT (Máx 12)**	
07:05 - 08:05 **Wod (Máx 12)**	07:05 - 08:05 **Body Building (Máx 12)**	07:05 - 08:05 **Wod (Máx 12)**	07:05 - 08:05 **Strongman (Máx 16)**	07:05 - 08:05 **Wod (Máx 12)**	09:45 - 10:45 **Mega Wod (Máx 24)**	
08:05 - 09:30 **Open Box (Máx 14)**	08:05 - 09:30 **Open Box (Máx 12)**	08:30 - 09:30 **Endurance (Máx 12)**	08:30 - 09:30 **Wod (Máx 12)**	08:05 - 09:05 **Endurance (Máx 16)**	11:00 - 12:00 **Open Box (Máx 12)**	
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 16)**	09:30 - 10:30 **Wod (Máx 12)**		
10:30 - 11:30 **Overdrive Coach (Máx 10)**	10:30 - 11:30 **Overdrive Coach (Máx 10)**	10:30 - 12:00 **Overdrive Coach (Máx 10)**	10:30 - 11:30 **Overdrive Coach (Máx 10)**	10:30 - 11:30 **Overdrive Coach (Máx 10)**		
11:30 - 12:30 **Open Box (Máx 12)**	11:30 - 12:30 **Open Box (Máx 12)**	12:30 - 13:30 **Open Box (Máx 12)**	11:30 - 12:30 **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)**	13:30 - 14:30 **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)**	13:30 - 14:30 **Open Box (Máx 12)**	14:30 - 15:30 **Open Box (Máx 12)**	13:30 - 14:30 **Open Box (Máx 12)**	13:30 - 15:15 **Open Box (Máx 12)**		
15:00 - 16:30 **Overdrive Coach (Máx 10)**	15:00 - 16:30 **Overdrive Coach (Máx 10)**	15:30 - 16:30 **Open Box (Máx 14)**	15:00 - 16:30 **Overdrive Coach (Máx 10)**	15:15 - 16:15 **Hiit (Máx 9)**		
16:30 - 17:30 **Open Box (Máx 14)**	16:30 - 17:30 **Hiit (Máx 9)**	16:30 - 17:30 **GAP (Máx 8)**	16:30 - 17:15 **Movilidad Funcional (Máx 14)**	16:30 - 18:00 **Overdrive Coach (Máx 12)**		
17:30 - 18:30 **Gymnastics (Máx 16)**	17:30 - 18:30 **Weightlifting (Máx 16)**	17:30 - 18:30 **Wod (Máx 12)**	17:30 - 18:30 **Strongman (Máx 16)**	18:00 - 19:15 **Bunker Mash (Máx 20)**		
18:30 - 19:30 **Wod (Máx 14)**	18:30 - 19:30 **Wod (Máx 14)**	18:30 - 19:30 **Wod (Máx 12)**	18:30 - 19:30 **Wod (Máx 14)**	19:30 - 20:30 **Wod (Máx 14)**		
19:30 - 20:30 **Wod (Máx 14)**	19:30 - 20:30 **Wod (Máx 14)**	19:30 - 21:00 **Deka (Máx 20)**	19:30 - 20:30 **Strongman (Máx 16)**	20:30 - 21:30 **Open Box (Máx 14)**		
20:30 - 21:30 **Open Box (Máx 14)**	20:30 - 21:30 **Open Box (Máx 14)**		20:30 - 21:30 **Open Box (Máx 14)**			

01/12/2025

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)**	07:00 - 21:30 **Sala de Musculación (Máx 200)**	07:00 - 21:30 **Sala de Musculación (Máx 200)**	08:00 - 12:00 **Sala de Musculación (Máx 200)**	

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CENTRO DEMO

OPEN EXTERIOR

LUNES	MARTES	MIÉRC.	JUEVES	VIERNES	SÁBADO	DOMINGO
	07:05 - 09:00 **Open Box (Máx 4)**	07:05 - 09:00 **Open Box (Máx 4)**	07:05 - 09:00 **Open Box (Máx 4)**		09:00 - 10:30 **Open Box (Máx 4)**	
	09:00 - 10:30 **Open Box (Máx 4)**	09:00 - 10:30 **Open Box (Máx 4)**	09:00 - 10:30 **Open Box (Máx 4)**		11:30 - 13:00 **Open Box (Máx 4)**	
	10:30 - 12:00 **Open Box (Máx 4)**	10:30 - 12:00 **Open Box (Máx 4)**	10:30 - 12:00 **Open Box (Máx 4)**			
	12:00 - 13:30 **Open Box (Máx 4)**	12:00 - 13:30 **Open Box (Máx 4)**	12:00 - 13:30 **Open Box (Máx 4)**			
	13:30 - 15:00 **Open Box (Máx 4)**	13:30 - 15:00 **Open Box (Máx 4)**	13:30 - 15:00 **Open Box (Máx 4)**			
	15:00 - 16:30 **Open Box (Máx 4)**	15:00 - 16:30 **Open Box (Máx 4)**	15:00 - 16:30 **Open Box (Máx 4)**			
	16:30 - 18:00 **Open Box (Máx 4)**	16:30 - 18:00 **Open Box (Máx 4)**	16:30 - 18:00 **Open Box (Máx 4)**			
	18:00 - 19:30 **Open Box (Máx 4)**	18:00 - 19:30 **Open Box (Máx 4)**	18:00 - 19:30 **Open Box (Máx 4)**			
	19:30 - 21:00 **Open Box (Máx 4)**	19:30 - 21:00 **Open Box (Máx 4)**	19:30 - 21:00 **Open Box (Máx 4)**			

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