

# ARTZ COMBATE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6:30 HRS		BOX		BOX	BOX
8:00 HRS					MUAY THAI
8:15 HRS		BOX		BOX	
14:30 HRS	BOX	BOX	BOX	BOX	
17:30 HRS					JIU JITSU BRASILEÑO (CON KIMONO)
18:00 HRS		BOX		BOX	
19:00 HRS	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	
20:00 HRS	JIU JITSU BRASILEÑO (CON KIMONO)	MMA	JIU JITSU BRASILEÑO	MMA	
	BOX	BOX	BOX	BOX	

OCTÁGONO

COSTALES

APLICAN HORARIOS A PARTIR DEL 4 AL 30 DE NOVIEMBRE DEL 2024.

# ARTZ FITNESS

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:15 HRS	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
	PILATES		YOGA VINYASA	LOWER BODY & ABS	YOGA HATHA	
8:15 HRS	LOWER BODY & ABS	DANCE	PILATES	DANCE		
9:20 HRS						YOGA VINYASA
18:00 HRS	UPPER BODY & CARDIO		LOWER BODY & BARRE			
19:00 HRS	LOWER BODY & ABS	DANCE	UPPER BODY & CARDIO	DANCE		
		CYCLE		CYCLE		
20:00 HRS	YOGA VINYASA	YOGA HATHA	YOGA VINYASA	YOGA VINYASA		
	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		

SALÓN

TURF

BICIS

APLICAN HORARIOS A PARTIR DEL 4 AL 30 DE NOVIEMBRE DEL 2024.