

# DEL VALLE

## COMBATE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00 HRS	KRAV MAGA	BOX	MUAY THAI	KICK BOXING	BOX
					MMA
8:00 HRS	BOX	MUAY THAI	BOX	MUAY THAI	BOX
		JIU JITSU BRASILEÑO			
17:00 HRS	BOX		BOX		
19:00 HRS	MUAY THAI	BOX	MUAY THAI	BOX	BOX
	BOX	MUAY THAI	BOX		
20:00 HRS	JIU JITSU BRASILEÑO	MMA	JIU JITSU BRASILEÑO	MMA	
	BOX	BOX	BOX		
21:00 HRS		JIU JITSU BRASILEÑO		MUAY THAI	

JAULA

OCTÁGONO

COSTALES

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

# DEL VALLE FITNESS

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:10 HRS		CROSS TRAINING		CROSS TRAINING		
7:00 HRS	YOGA VINYASA	LOWER BODY & ABS	CROSS TRAINING			
7:10 HRS	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CYCLE	CROSS TRAINING	
8:00 HRS		DANCE	UPPER BODY & CARDIO		LOWER BODY & ABS	
9:00 HRS	CYCLE			DANCE		CYCLE
13:00 HRS						YOGA HATHA (90 MIN.)
18:00 HRS	YOGA VINYASA		YOGA VINYASA		YOGA HATHA	CROSS TRAINING
19:00 HRS	UPPER BODY & CARDIO	CYCLE	LOWER BODY & ABS	CYCLE		
	CYCLE					
20:00 HRS	YOGA VINYASA	DANCE	CYCLE	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.