

POLANCO COMBATE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00 HRS		MUAY THAI		MUAY THAI	KRAV MAGA
	BOX	KRAV MAGA	BOX		
19:00 HRS	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	
	BOX	BOX	BOX	BOX	
20:00 HRS	BOX	BOX	BOX	BOX	
	MMA	JIU JITSU BRASILEÑO	MMA	JIU JITSU BRASILEÑO	
				MUAY THAI	
21:00 HRS		JIU JITSU BRASILEÑO (CON KIMONO)			

JAULA

OCTÁGONO

COSTALES

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

POLANCO FITNESS

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:10 HRS	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
7:10 HRS	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
8:00 HRS	DANCE	LOWER BODY & ABS	DANCE	UPPER BODY & CARDIO	DANCE	
9:00 HRS	PILATES	YOGA HATHA	BARRE			CROSS TRAINING
10:00 HRS						YOGA VINYASA
19:00 HRS	YOGA HATHA	CYCLE	LOWER BODY & ABS			
20:00 HRS	LOWER BODY & ABS	YOGA VINYASA	DANCE	YOGA VINYASA		

SALÓN

TURF

BICIS

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