NATUR SPORT
TRAINING CENTER

# ACTIVIDADES

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 06:45 - 07:45<br>**Entrenamiento personal 100% (Máx 1)** | 06:45 - 07:30<br>**Entrenamiento personal 100% (Máx 1)** | 06:45 - 07:45<br>**Entrenamiento personal 100% (Máx 1)** | 06:45 - 07:30<br>**Entrenamiento personal 100% (Máx 1)** | 06:45 - 07:30<br>**Entrenamiento personal 100% (Máx 1)** | 07:00 - 08:00<br>**Entrenamiento personal 100% (Máx 1)** | |
| 08:00 - 09:00<br>**Entrenamiento personal 100% (Máx 1)** | 08:30 - 09:30<br>**Entrenamiento personal 100% (Máx 1)** | 08:00 - 09:00<br>**Entrenamiento personal 100% (Máx 1)** | 08:30 - 09:30<br>**Entrenamiento personal 100% (Máx 1)** | 07:30 - 08:30<br>**Entrenamiento personal 100% (Máx 1)** | 08:00 - 09:00<br>**Entrenamiento personal 100% (Máx 1)** | |
| 12:30 - 13:30<br>**Entrenamiento personal 100% (Máx 1)** | 11:00 - 12:00<br>**Entrenamiento personal 100% (Máx 1)** | 12:00 - 13:00<br>**Entrenamiento personal 100% (Máx 1)** | 12:00 - 13:00<br>**Entrenamiento personal 100% (Máx 1)** | 12:00 - 13:00<br>**Entrenamiento personal 100% (Máx 1)** | 09:00 - 10:00<br>**Entrenamiento personal 100% (Máx 1)** | |
| 15:30 - 16:30<br>**Entrenamiento personal 100% (Máx 1)** | 12:00 - 13:00<br>**Entrenamiento personal 100% (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento personal 100% (Máx 1)** | 13:00 - 14:00<br>**Entrenamiento personal 100% (Máx 1)** | 15:00 - 16:00<br>**Entrenamiento personal 100% (Máx 1)** | | |
| 16:30 - 17:30<br>**Entrenamiento personal 100% (Máx 1)** | 13:00 - 14:00<br>**Entrenamiento personal 100% (Máx 1)** | 16:30 - 17:30<br>**Entrenamiento personal 100% (Máx 1)** | 15:30 - 16:30<br>**Entrenamiento personal 100% (Máx 1)** | | | |
| 17:30 - 18:30<br>**Entrenamiento funcional (Máx 14)** | 15:30 - 16:30<br>**Entrenamiento personal 100% (Máx 1)** | 17:30 - 18:30<br>**Entrenamiento funcional (Máx 12)** | 17:45 - 18:30<br>**HBX Boxing (Máx 14)** | | | |
| 19:00 - 20:30<br>**Aikido (Máx 20)** | 16:30 - 17:30<br>**Entrenamiento personal 100% (Máx 1)** | 19:00 - 20:30<br>**Aikido (Máx 15)** | 18:30 - 18:50<br>**Mobility (Máx 10)** | | | |
| | 17:45 - 18:25<br>**HBX Boxing (Máx 14)** | | 19:00 - 20:00<br>**Entrenamiento funcional (Máx 12)** | | | |
| | 18:25 - 18:50<br>**Mobility (Máx 10)** | | 20:00 - 20:50<br>**HBX Boxing (Máx 14)** | | | |
| | 19:00 - 20:00<br>**Entrenamiento funcional (Máx 12)** | | | | | |
| | 20:00 - 20:50<br>**HBX Boxing (Máx 14)** | | | | | |

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# ACTIVIDADES 2

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 17:00 - 18:00<br>**Entrenamiento personal 100% (Máx 1)** | 07:30 - 08:30<br>**Entrenamiento personal 100% (Máx 1)** | 07:30 - 08:25<br>**Entrenamiento personal 100% (Máx 1)** | 07:30 - 08:30<br>**Entrenamiento personal 100% (Máx 1)** | 08:45 - 09:45<br>**Entrenamiento personal 100% (Máx 1)** | | |
| | 17:30 - 18:30<br>**Entrenamiento personal 100% (Máx 1)** | 17:00 - 18:00<br>**Entrenamiento personal 100% (Máx 1)** | 08:30 - 09:30<br>**Entrenamiento personal 100% (Máx 1)** | 10:00 - 11:00<br>**Entrenamiento personal 100% (Máx 1)** | | |
| | | | 17:30 - 18:30<br>**Entrenamiento personal 100% (Máx 1)** | | | |

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GIMNASIO

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 09:30 - 10:30<br>**Entrenamiento personal (Máx 12)** | 09:30 - 10:30<br>**Entrenamiento personal (Máx 12)** | 09:30 - 10:30<br>**Entrenamiento personal (Máx 12)** | 09:30 - 10:30<br>**Entrenamiento personal (Máx 12)** | 09:30 - 10:30<br>**Entrenamiento personal (Máx 12)** | 10:00 - 11:00<br>**Entrenamiento personal (Máx 15)** | |
| 10:30 - 11:30<br>**Entrenamiento personal (Máx 10)** | 10:30 - 11:30<br>**Entrenamiento personal (Máx 10)** | 10:30 - 11:30<br>**Entrenamiento personal (Máx 10)** | 10:30 - 11:30<br>**Entrenamiento personal (Máx 10)** | 10:30 - 11:30<br>**Entrenamiento personal (Máx 11)** | 11:00 - 12:00<br>**Entrenamiento personal (Máx 12)** | |
| 11:30 - 12:30<br>**Open Box (Máx 10)** | 11:30 - 12:30<br>**Open Box (Máx 10)** | 11:30 - 12:30<br>**Open Box (Máx 10)** | 11:30 - 12:30<br>**Open Box (Máx 10)** | 11:30 - 12:30<br>**Open Box (Máx 10)** | 12:00 - 13:00<br>**Entrenamiento personal (Máx 10)** | |
| 12:30 - 13:30<br>**Open Box (Máx 10)** | 12:30 - 13:30<br>**Open Box (Máx 10)** | 12:30 - 13:30<br>**Open Box (Máx 10)** | 12:30 - 13:30<br>**Open Box (Máx 10)** | 12:30 - 13:30<br>**Open Box (Máx 10)** | 13:00 - 14:00<br>**Entrenamiento personal (Máx 10)** | |
| 13:30 - 15:00<br>**Entrenamiento personal (Máx 20)** | 13:30 - 15:00<br>**Entrenamiento personal (Máx 20)** | 13:30 - 15:00<br>**Entrenamiento personal (Máx 20)** | 13:30 - 15:00<br>**Entrenamiento personal (Máx 20)** | 13:30 - 15:00<br>**Entrenamiento personal (Máx 20)** | | |
| 15:00 - 16:00<br>**Entrenamiento personal (Máx 20)** | 15:00 - 16:00<br>**Entrenamiento personal (Máx 20)** | 15:00 - 16:00<br>**Entrenamiento personal (Máx 20)** | 15:00 - 16:00<br>**Entrenamiento personal (Máx 20)** | 15:00 - 16:00<br>**Entrenamiento personal (Máx 20)** | | |
| 16:00 - 17:00<br>**Entrenamiento personal (Máx 20)** | 16:00 - 17:00<br>**Entrenamiento personal (Máx 20)** | 16:00 - 17:00<br>**Entrenamiento personal (Máx 20)** | 16:00 - 17:00<br>**Entrenamiento personal (Máx 20)** | 16:00 - 17:00<br>**Entrenamiento personal (Máx 20)** | | |
| 17:00 - 18:00<br>**Entrenamiento personal (Máx 20)** | 17:00 - 18:00<br>**Entrenamiento personal (Máx 20)** | 17:00 - 18:00<br>**Entrenamiento personal (Máx 20)** | 17:00 - 18:00<br>**Entrenamiento personal (Máx 20)** | 17:00 - 18:00<br>**Entrenamiento personal (Máx 20)** | | |
| 18:00 - 19:00<br>**Entrenamiento personal (Máx 20)** | 18:00 - 19:00<br>**Entrenamiento personal (Máx 20)** | 18:00 - 19:00<br>**Entrenamiento personal (Máx 20)** | 18:00 - 19:00<br>**Entrenamiento personal (Máx 20)** | 18:00 - 19:00<br>**Entrenamiento personal (Máx 10)** | | |
| 19:00 - 20:00<br>**Entrenamiento personal (Máx 20)** | 19:00 - 20:00<br>**Entrenamiento personal (Máx 20)** | 19:00 - 20:00<br>**Entrenamiento personal (Máx 20)** | 19:00 - 20:00<br>**Entrenamiento personal (Máx 20)** | 19:00 - 20:00<br>**Entrenamiento personal (Máx 10)** | | |
| 20:00 - 21:00<br>**Entrenamiento personal (Máx 20)** | 20:00 - 21:00<br>**Entrenamiento personal (Máx 20)** | 20:00 - 21:00<br>**Entrenamiento personal (Máx 20)** | 20:00 - 21:00<br>**Entrenamiento personal (Máx 20)** | 20:00 - 21:00<br>**Entrenamiento personal (Máx 10)** | | |

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