

| HORARIO CLASES COLECTIVAS - OPEN ARENA |               |          |        |               |           |                 |       |         | 1 de Julio    |            |               |         |
|----------------------------------------|---------------|----------|--------|---------------|-----------|-----------------|-------|---------|---------------|------------|---------------|---------|
| LUNES                                  |               |          | MARTES |               | MIERCOLES |                 |       | JUEVES  |               | VIERNES    |               |         |
| 9:30                                   | OPEN STRENGTH |          | 9:30   | FUERZA GLOBAL | 9:30      | OPEN            | GAP   | 9:30    | OPEN BOX      | 9:30       | OPEN          |         |
| 10:15                                  |               |          | 10:15  |               | BIKE      | 10:15           |       | BALANCE |               |            |               |         |
| 10:30                                  | AQUAGYM       |          | 10:30  |               | 10:30     |                 |       | 10:30   | OPEN STRENGTH | 10:30      | AQUAGYM       |         |
| 11:15                                  |               |          | 11:15  |               | 11:15     |                 |       | 11:00   |               |            |               |         |
|                                        |               |          |        |               |           |                 |       |         |               |            |               |         |
| 17:30                                  |               |          | 17:30  |               | 17:30     |                 |       | 17:30   |               | 17:30      |               |         |
| 18.:00                                 |               |          | 18.:00 |               | 18.:00    |                 |       | 18.:00  |               | 18:00      |               |         |
| 18:15                                  | OPEN STRENGTH |          | 18:15  | OPEN BOX      | 18:15     | ALTA INTENSIDAD |       | 18:15   | FUERZA GLOBAL | 19:15      | OPEN STRENGTH |         |
| 19:00                                  |               |          | 19:00  |               | 19:00     |                 |       | 19:00   |               | 20:00      |               |         |
| 19:15                                  | OPEN          | OPEN     | 19:15  | GAP           | 19:15     | OPEN            | OPEN  | 19:15   | OPEN STRENGTH |            | SABADO        |         |
| 20:00                                  | CROSS         | STRENGTH | 20:00  |               | 20:00     | STRENGTH        | CROSS | 20:00   |               | 10:00      |               |         |
| 20:15                                  | OPEN          | POWER    | 20:15  | OPEN          | OPEN      | 20:15           | OPEN  | POWER   | 20:15         | OPEN CROSS | FUERZA GLOBAL |         |
| 21:00                                  | CROSS         | GLUTE    | 21:00  | BALANCE       | CROSS     | 21:00           | BIKE  | GLUTE   | 21:00         |            |               | DOMINGO |
| 21:15                                  |               |          | 21:15  | OPEN STRENGTH | 21:15     |                 |       | 21:15   |               | 10:00      | OPEN STRENGTH |         |
| 22:00                                  |               |          | 22:00  |               | 22:00     |                 |       | 21:45   |               | 10:45      |               |         |



Cada clase requiere un mínimo de 4 participantes para realizarse.



¡Ven y vive la experiencia Open Arena con nuestras clases!