

**PROGRAMACION OUTDOOR SEMANA DEL 6 AL 12 DE JULIO**

LUNES 6		MARTES 7		MIERCOLES 8		JUEVES 9		VIERNES 10		SABADO 11	
						7:15-8:05	HIIT TRX				
		9:30-10:20	BODY COMBAT			9:30-10:20	BOSU				
		10:30-11:20	BODY BALANCE	10:30 -11:20	E. FUNCIONAL	10:30 -11:20	ZUMBA	10:30 -11:20	E. FUNCIONAL		
								15:30-16:20	GAP		
								17:45-18:35	DESAFIO EXTREMO		
				18:15-18:45	OUTDOOR EXTREMO						
18:30-19:00	OUTDOOR EXTREMO	18:30-19:00	OUTDOOR EXTREMO			18:30-19:00	OUTDOOR EXTREMO				
						18:30-19:30	BODY BALANCE				
				18:45-19:45	CROSS BAKHFIT			18:45-19:35	HIIT CORE		
		19:45-20:45	BODY JAM	19:45-20:45	BODY COMBAT						
		20:45-21:45	BODY BALANCE			20:45-21:45	BODY BALANCE				