

emöove

CENTRO DE ENTRENAMIENTO FÍSICO Y HOLÍSTICO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:15	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	9 AM ground
7:45		HIPOPRESIVOS		HIPOPRESIVOS		10 AM HYBRID
8:15	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	
8:30		STRENGTH HYBRID		STRENGTH HYBRID		
9:15	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	
9:30		YOGA 🧘		YOGA 🧘		
10:15			ground			
17:00	ground		STRENGTH HYBRID		STRENGTH HYBRID	
17:45		YOGA 🧘		YOGA 🧘		
18:00	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	
19:00	STRENGTH HYBRID	STRENGTH HYBRID	STRENGTH HYBRID	STRENGTH HYBRID	STRENGTH HYBRID	

Escribenos para más información

Write to us for more information

