# BOXEO

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 06:00 - 07:00<br>**Boxing Beats (Máx 16)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 06:00 - 07:00<br>**Boxing Beats (Máx 16)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 06:00 - 07:00<br>**Boxing Force (Máx 16)** | 08:00 - 09:00<br>**Boxing Endurance (Máx 16)** | |
| 07:00 - 08:00<br>**Boxing Force (Máx 16)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 07:00 - 08:00<br>**Boxing Endurance (Máx 16)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 07:00 - 08:00<br>**Boxing Beats (Máx 16)** | 09:00 - 10:00<br>**Boxing Force (Máx 16)** | |
| 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Boxing Endurance (Máx 16)** | |
| 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Boxing Beats (Máx 16)** | |
| 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | | |
| 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 17:00 - 18:00<br>**Boxing Force (Máx 16)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 17:00 - 18:00<br>**Boxing Beats (Máx 16)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | | |
| 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 18:00 - 19:00<br>**Boxing Beats (Máx 16)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 18:00 - 19:00<br>**Boxing Force (Máx 16)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | | |
| 17:00 - 18:00<br>**Boxing Beats (Máx 16)** | 19:00 - 20:00<br>**Boxing Endurance (Máx 16)** | | 19:00 - 20:00<br>**Boxing Endurance (Máx 16)** | 17:00 - 18:00<br>**Boxing Endurance (Máx 16)** | | |
| 18:00 - 19:00<br>**Boxing Force (Máx 16)** | | | | | | |
| 19:00 - 20:00<br>**Boxing Endurance (Máx 0)** | | | | | | |

**29/08/2025**

FORTALECIMIENTO

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 05:00 - 06:00<br>**Building Blast (Máx 10)** | 05:00 - 06:00<br>**Building Muscle (Máx 10)** | 05:00 - 06:00<br>**Building Blast (Máx 10)** | 05:00 - 06:00<br>**Building Force (Máx 10)** | 05:00 - 06:00<br>**Building Muscle (Máx 10)** | 08:00 - 09:00<br>**Building Blast (Máx 10)** | |
| 06:00 - 07:00<br>**Building Force (Máx 10)** | 06:00 - 07:00<br>**Building Blast (Máx 10)** | 06:00 - 07:00<br>**Building Force (Máx 10)** | 06:00 - 07:00<br>**Building Muscle (Máx 10)** | 06:00 - 07:00<br>**Building Pump it (Máx 10)** | 09:00 - 10:00<br>**Building Pump it (Máx 10)** | |
| 07:00 - 08:00<br>**Building Muscle (Máx 10)** | 07:00 - 08:00<br>**Building Force (Máx 10)** | 07:00 - 08:00<br>**Building Muscle (Máx 10)** | 07:00 - 08:00<br>**Building Blast (Máx 10)** | 07:00 - 08:00<br>**Building Pump it (Máx 10)** | 10:00 - 11:00<br>**Building Pump it (Máx 10)** | |
| 08:00 - 09:00<br>**Building Blast (Máx 10)** | 08:00 - 09:00<br>**Building Blast (Máx 10)** | 08:00 - 09:00<br>**Building Force (Máx 10)** | 08:00 - 09:00<br>**Building Muscle (Máx 10)** | 08:00 - 09:00<br>**Building Blast (Máx 10)** | 11:00 - 12:00<br>**Building Muscle (Máx 10)** | |
| 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | | |
| 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | | |
| 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | | |
| 12:00 - 13:00<br>**Gym Abierto (Máx 10)** | 12:00 - 13:00<br>**Gym Abierto (Máx 10)** | 12:00 - 13:00<br>**Gym Abierto (Máx 10)** | 12:00 - 13:00<br>**Gym Abierto (Máx 10)** | 12:00 - 13:00<br>**Gym Abierto (Máx 10)** | | |
| 13:00 - 14:00<br>**Gym Abierto (Máx 10)** | 13:00 - 14:00<br>**Gym Abierto (Máx 10)** | 13:00 - 14:00<br>**Gym Abierto (Máx 10)** | 13:00 - 14:00<br>**Gym Abierto (Máx 10)** | 13:00 - 14:00<br>**Gym Abierto (Máx 10)** | | |
| 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | | |
| 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | | |
| 17:00 - 18:00<br>**Building Blast (Máx 10)** | 17:00 - 18:00<br>**Building Muscle (Máx 10)** | 17:00 - 18:00<br>**Building Blast (Máx 10)** | 17:00 - 18:00<br>**Building Force (Máx 10)** | 17:00 - 18:00<br>**Building Muscle (Máx 10)** | | |
| 18:00 - 19:00<br>**Building Force (Máx 10)** | 18:00 - 19:00<br>**Building Blast (Máx 10)** | 18:00 - 19:00<br>**Building Force (Máx 10)** | 18:00 - 19:00<br>**Building Muscle (Máx 10)** | 18:00 - 19:00<br>**Building Pump it (Máx 10)** | | |
| 19:00 - 20:00<br>**Building Muscle (Máx 10)** | 19:00 - 20:00<br>**Building Force (Máx 10)** | 19:00 - 20:00<br>**Building Muscle (Máx 10)** | 19:00 - 20:00<br>**Building Blast (Máx 10)** | 19:00 - 20:00<br>**Building Blast (Máx 10)** | | |
| 20:00 - 21:00<br>**Building Blast (Máx 10)** | 20:00 - 21:00<br>**Building Blast (Máx 10)** | 20:00 - 21:00<br>**Building Force (Máx 10)** | 20:00 - 21:00<br>**Building Force (Máx 10)** | | | |

**29/08/2025**

# FUNCIONAL

| LUNES | MARTES | MIÉRC. | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---|---|---|---|---|---|---|
| 06:00 - 07:00<br>**Functional Force (Máx 10)** | 06:00 - 07:00<br>**Functional Force (Máx 10)** | 06:00 - 07:00<br>**Functional Sweat (Máx 10)** | 06:00 - 07:00<br>**Functional Sweat (Máx 10)** | 06:00 - 07:00<br>**Functional Force (Máx 10)** | 08:00 - 09:00<br>**Functional Sweat (Máx 10)** | |
| 07:00 - 08:00<br>**Functional Sweat (Máx 10)** | 07:00 - 08:00<br>**Functional Sweat (Máx 10)** | 07:00 - 08:00<br>**Functional Force (Máx 10)** | 07:00 - 08:00<br>**Functional Force (Máx 10)** | 07:00 - 08:00<br>**Functional Sweat (Máx 10)** | 09:00 - 10:00<br>**Functional Force (Máx 10)** | |
| 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 09:00 - 10:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Functional Sweat (Máx 10)** | |
| 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 10:00 - 11:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Functional Force (Máx 10)** | |
| 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | 11:00 - 12:00<br>**Gym Abierto (Máx 10)** | | |
| 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | 14:00 - 15:00<br>**Gym Abierto (Máx 10)** | | |
| 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | 15:00 - 16:00<br>**Gym Abierto (Máx 10)** | | |
| 17:00 - 18:00<br>**Functional Sweat (Máx 10)** | 17:00 - 18:00<br>**Functional Sweat (Máx 10)** | 17:00 - 18:00<br>**Functional Sweat (Máx 10)** | 17:00 - 18:00<br>**Functional Sweat (Máx 10)** | 18:00 - 19:00<br>**Functional Sweat (Máx 10)** | | |
| 18:00 - 19:00<br>**Functional Force (Máx 10)** | 18:00 - 19:00<br>**Functional Sweat (Máx 10)** | 18:00 - 19:00<br>**Functional Force (Máx 10)** | 18:00 - 19:00<br>**Functional Sweat (Máx 10)** | | | |
| 19:00 - 20:00<br>**Functional Sweat (Máx 10)** | 19:00 - 20:00<br>**Functional Force (Máx 10)** | 19:00 - 20:00<br>**Functional Sweat (Máx 10)** | 19:00 - 20:00<br>**Functional Force (Máx 10)** | | | |

**29/08/2025**