SPORT CENTER MÓSTOLES

Horarios
Cross Training

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
7:10 - 8:00		POWER PULL		POWER PUSH		
9:30 - 10:30	CROSS	POWER PULL	CROSS	CROSS	POWER PUSH	
10:30 - 11:30	POWER PULL	CROSS	POWER PUSH		CROSS	
11:30 - 12:30						CROSS
14:30 - 15:30		CROSS	POWER PULL		POWER PUSH	
18:00 - 19:00	POWER PULL	CROSS	CROSS		CROSS	
19:00 - 20:00	CROSS	POWER PUSH	CROSS	POWER PUSH	CROSS	
20:00 - 21:00	CROSS	CROSS	POWER PUSH			