

# Horarios Rosales Training

RTR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
10:00	RT Suspension TRX 10-11				
9:30		RTPilates	RTCore-movilidad	RTCore-movilidad	
9:30					RTCore-movilidad
10:00	RTCore-movilidad	RTFull-Training		RTPilates	
10:30				RT Balance 11.12	RTFull-Training
14:15	RTFull-Training		RTFull-Training		
14:30					
17:30					RTCore-movilidad
18:00	RT Boxing 18.30-19.30	RT Balance	RTCore-movilidad	RTPilates 18-19	RT Suspension TRX 17.30-18.30
18:30	RTCore-movilidad	RTFull-Training	RT Suspension TRX 18-19	RTCore-movilidad	RTFull-Training
19:00		RTPilates	RTFull-Training	RTPilates	RTCore-Flow 18,30
19:30		RTFull-Training	RT Outdoor Training 19-20		
19:30	RTFull-Training			RTFull-Training	
20:00		RTHipopresivos	RT OCR Training	RT Marcha Nordica 20-21	
20:15			RTFull-Training		
20:30	RTFull-Training				
20:30				RTCore-movilidad	
20:30		RTCore-movilidad			

\* Pendiente de formación de grupos

**ROSALES TRAINING**

