

Horarios Rosales Training

RTR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
10:00	RT Suspension TRX 10-11				
9:30		RTPilates	RTCCore-movilidad	RTCCore-movilidad	
9:30					RTCCore-movilidad
10:00	RTCCore-movilidad	RTFull-Training		RTPilates	
10:30				RT Balance 11,12	RTFull-Training
14:15	RTFull-Training		RTFull-Training		
14:30					
17:30					RTCCore-movilidad
18:00	RT Suspension TRX	RT Balance	RTCCore-movilidad	RTPilates 18-19	RT Suspension TRX 17.30-18.30
18:30	RTCCore-movilidad	RTFull-Training	RT Suspension TRX 18-19	RTCCore-movilidad	RTFull-Training
19:00	RT Boxing	RTPilates	RTFull-Training	RTPilates	RTCCore-Flow 18,30
19:30		RTFull-Training	RT OCR Training 19,15		
19:30	RTFull-Training			RTFull-Training	
20:00		RTHipopresivos			
20:15			RTFull-Training		
20:30	RTFull-Training				
20:30				RTCCore-movilidad	
20:30		RTCCore-movilidad			

* Pendiente de formación de grupos

ROSALES
TRAINING

