Marco Aldany ROCKGYM™

HORARIO
A CORUÑA

BOUTIQUES:	MUSIC HALL	MISS ROCKY	BOX CROSSFIT	PHSYCO	MOTION CAGE

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:00	8:00	8:00	8:00	8:00	8:00	8:00
8:30 FEELIVE	8:30 PILATES	8:30 STEP	8:30	8:30 YOGA	8:30	8:30
9:00 VIRTUAL	9:00	8:30 VIRTUAL	9:00 THE ROAD	8:30 VIRTUAL	9:00	9:00
9:30 CIRCUT	9:30 SHAKE	9:00	9:00 GRAVITY	9:00	9:30	9:30
10:00 SIXPACK	9:30 VIRTUAL	9:30 QLO	9:30	9:30 TOTALBOX	10:00 VIRTUAL	10:00 VIRTUAL
10:30 SHAKE	10:00	10:00	10:00 SIXPACK	10:00	10:30	10:30
11:00	10:30 STEEP	10:30 SUSPENSION	10:30 WKOUT	10:30 XPLOSION	11:00	11:00
11:30	11:00	11:00 SIXPACK	11:00	11:00 SIXPACK	11:30	11:30
12:00	11:30 XPLOSION	11:30 FEELIVE	11:30 QLO	11:30	12:00	12:00
12:30	12:00 MOTRIZ	12:00	12:00	12:00	12:30	12:30
13:00	12:30 SIXPACK	12:30	12:30	12:30 SUSPENSION	13:00	13:00
13:30	13:00	13:00 MOTRIZ	13:00 CIRCUIT	13:00	13:30	13:30
	13:30	13:30 STRETCHING	13:30	13:30		
14:00	14:00	14:00	14:00	14:00 SHAKE	14:00	14:00
14:30 ROCKHIT	14:30 FEELIVE	14:30 TOTALBOX	14:30 YOGA	14:30 VIRTUAL	14:30	14:30
14:30 VIRTUAL	14:30 VIRTUAL	14:30 VIRTUAL	14:30 VIRTUAL	14:30 CROXFIT	14:30	14:30
15:00	15:00	15:00	15:00	15:00	15:00	15:00
15:30 SIXPACK	15:30	15:30	15:30	15:30	15:30	15:30
16:00	16:00	16:00	16:00	16:00	16:00	16:00
16:30	16:30	16:30	16:30	16:30	16:30	16:30
17:00 XPLOSION	17:00	17:00	17:00	17:00	17:00	17:00
17:30 SIXPACK	17:30 ELASTIC	17:30 CROXFIT	17:30	17:30	17:30	17:30
18:00	18:00 CIRCUIT	18:00	18:00 QLO	18:00 XPLOSION	18:00	18:00
18:30 ELASTIC	18:00 TOTAL BOX	18:30 WKOUT	18:30	18:30 SIXPACK	18:30	18:30
19:00 QLO	18:00 POLETRICKS	19:00	19:00 SUSPENSIÓN	19:00 POLITRICKS	19:00	19:00
19:00 SUSPENSIÓN	18:30 SIX PACK	19:30 TOTALBOX	19:30	19:00 THE ROAD	20:00	20:00
19:30 CROXFIT	19:00 SHAKE	19:30 CIRCUIT	19:30 THE ROAD	19:30	20:30	20:30
20:00 SHAKE	19:00 ROCKHIT	19:30 OUT GRAVITY	20:00	20:00 VIRTUAL	21:00	21:00
20:00 VIRTUAL	19:00 VIRTUAL	20:00 SIXPACK	20:30 VIRTUAL	20:00 CROXFIT	21:30	21:30
20:30 SIXPACK	19:30	20:30 THE ROAD	20:30 SIXPACK	20:00 GRAVITY		
21:00 YOGA	20:00 THE ROAD	21:00	21:00 SHAKE	20:30		
21:30	20:00 XPLOSION	21:30 VIRTUAL	21:30	21:00 WKOUT		
	20:30 SIX PACK	21:30 ROCKHIT		21:30		
	21:00 CROXFIT					
	21:30					
	22:00 SUSPENSIÓN					