



OKITONIC

HORARIOS

*clases*









CURSO 2023/2024

# DANCE DAY

## CLASES GRUPALES

	L	M	X	J	V
8:30		BODYTONIC		BODYTONIC	
		PILATES		PILATES	
9:15	GAP		GAP		BODYCOMBAT
9:30	OKIFITBOX	TRX	OKIFITBOX	TRX	
10:00	PILATES	OKIFITBOX	PILATES	OKIFITBOX	PILATES
10:15	HIIT CIRCUITOS		HIIT CIRCUITOS		
10:30					OKIFITBOX
11:00		BALLETONIC		BALLETONIC	
11:15	OKIDANCE		OKIDANCE		
11:30		ESPALDA SANA		ESPALDA SANA	
12:00	BODYTONIC		BODYTONIC		
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19:00		BODYTONIC		BODYTONIC	
19:45		BODYTONIC		BODYTONIC	
20:45		PILATES		PILATES	
21:00		OKIFITBOX		OKIFITBOX	

# OKITONIC MONITOR SPINNING

	L	M	X	J	V	S
8:00						
9:30						
11:00						
14:15						
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17:30						
18:30						
19:00						
19:30						
20:00						

*\*Las horas libres se darán de manera VIRTUAL.*

# OKINAWA

# ARTES MARCIALES

	L	M	X	J	V	S
10:30	BOXEO	BOXEO	BOXEO	BOXEO		
11:00						KRAV MAGA
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17:00		TAEKWONDO INFANTIL JUDO INFANTIL		TAEKWONDO INFANTIL JUDO INFANTIL		
17:30	KICK BOXING INFANTIL JUDO INFANTIL		KICK BOXING INFANTIL JUDO INFANTIL			
18:00		JUDO INFANTIL		JUDO INFANTIL		
18:30	KARATE INFANTIL BOXEO JUVENIL		KARATE INFANTIL BOXEO JUVENIL		KARATE INFANTIL	
19:00		JUDO		JUDO	AIKIDO	
19:30	KICK BOXING JUVENIL KARATE	MUAY THAI	KICK BOXING JUVENIL KARATE	MUAY THAI		KARATE
20:00		BOXEO		BOXEO		
20:30	BOXEO KICK BOXING		BOXEO KICK BOXING			