



IKKÖN
DESIGNING EXCEPTIONAL HUMANS

HORARIO GENERAL

LUNES A VIERNES
8:00 - 22:00

SÁBADOS, DOMINGOS Y FESTIVOS

8:00 - 15:00

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00	Athletic Conditioning Endurance	Strength W·P·S Conditioning Endurance	Athletic	Strength W·P·S Conditioning Endurance	Athletic Conditioning Endurance	
9:15	Endurance	Endurance	Endurance Intervals	Endurance	Endurance	
9:30	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	9:00 Athletic Endurance Run
14:00	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
15:00	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	
16:00	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	
17:00	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	
17:15	Endurance	Endurance	Endurance Intervals	Endurance	Endurance	
18:00	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	
18:15	Endurance	Endurance	Endurance Intervals	Endurance	Endurance	
19:00	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	Strength W·P·S Conditioning	Athletic Conditioning	
19:15	Endurance	Endurance	Endurance Intervals	Endurance	Endurance	
20:00	Athletic Conditioning Endurance	Athletic Conditioning Endurance	Athletic Conditioning Endurance Intervals	Athletic Conditioning Endurance	***	
19:00	TKW	TKW	TKW	TKW	TKW	
20:00	ONE Combat	ONE Combat	ONE Combat	ONE Combat	ONE Combat	

** Los Viernes la última clase es de 19:00 a 20:00h

Horario sujeto a cambios
616 880 221

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IKKON.ES

MISLATA · VALENCIA