

FIGHTLAB ラボ

RISE ABOVE YOURSELF

HORARIO 2026 - SEDE MIRAFLORES

HORARIO ARTES MARCIALES

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 - 7:00	BOXING	POWER BOXING	BOXING	POWER BOXING	POWER BOXING		
7:00 - 8:00	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI		
8:00 - 9:00	JIU JITSU	HIIT THE BAG	JIU JITSU	HIIT THE BAG	JIU JITSU	BOXING	
9:00 - 10:00						POWER BOXING	BOXING
10:00 - 11:00						MUAY THAI	MUAY THAI
11:00 - 12:00							
12:00 - 13:00							
13:00 - 14:00	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI	MUAY THAI		
15:30 - 16:30	JIU JITSU KIDS 4 A 6 AÑOS	JIU JITSU KIDS 4 A 6 AÑOS	JIU JITSU KIDS 4 A 6 AÑOS	JIU JITSU KIDS 4 A 6 AÑOS			
16:30 - 17:30	JIU JITSU KIDS 7 A 10 AÑOS	JIU JITSU KIDS 7 A 10 AÑOS	JIU JITSU KIDS 7 A 10 AÑOS	JIU JITSU KIDS 7 A 10 AÑOS	JIU JITSU (5:00 PM)		
17:30 - 18:30	MUAY THAI TEENS	JIU JITSU	MUAY THAI TEENS	JIU JITSU			
18:30 - 19:30	MUAY THAI	BOXING	MUAY THAI	BOXING	MUAY THAI		
19:30 - 20:30	POWER BOXING	MUAY THAI BASICS	POWER BOXING	MUAY THAI BASICS			
20:30 - 21:30	JIU JITSU	JIU JITSU NO GI	JIU JITSU	JIU JITSU NO GI			

HORARIO FUNCTIONAL TRAINING

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 - 7:00	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL		
7:00 - 8:00	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	HYBRID LAB	
8:00 - 9:00	FUNCTIONAL	BOOTY LAB	FUNCTIONAL	BOOTY LAB	FUNCTIONAL	HYBRID LAB	
9:00 - 10:00	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL
10:00 - 11:00	HYBRID LAB		HYBRID LAB		HYBRID LAB	FUNCTIONAL	FUNCTIONAL
12:00 - 13:00		FUNCTIONAL STRENGTH		FUNCTIONAL STRENGTH			
13:00 - 14:00	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL		
16:30 - 17:30	FUNCTIONAL		FUNCTIONAL		FUNCTIONAL		
17:30 - 18:30	PERFORMANCE	FUNCTIONAL TEENS 12 A 16 AÑOS	PERFORMANCE	FUNCTIONAL TEENS 12 A 16 AÑOS	FUNCTIONAL		
18:30 - 19:30	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	BOOTY LAB		
19:30 - 20:30	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL	FUNCTIONAL			
20:30 - 21:30	BOOTY LAB	FUNCTIONAL	BOOTY LAB	FUNCTIONAL			