

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	PILATES YOGA	PILATES	YOGA PILATES	PILATES	YOGA PILATES		
08:15	BODY PUMP SPORTCYCLE	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	BODY PUMP SPORTCYCLE	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	SPORTCYCLE		
09:00	TALLER DE ABDOMINALES PILATES	TALLER DE ABDOMINALES GYM TOTAL YOGA PILATES	TALLER DE ABDOMINALES PILATES	TALLER DE ABDOMINALES ENTRENAMIENTO FUNCIONAL YOGA PILATES	TALLER DE ABDOMINALES PILATES	LOCAL SPORT PILATES	
09:30	ZUMBA LOCAL SPORT		ZUMBA LOCAL SPORT		ZUMBA LOCAL SPORT		
10:00	PILATES	PILATES SPORTCYCLE	PILATES	PILATES SPORTCYCLE	PILATES	PILATES SPORTCYCLE	
10:30	CLASE DE SALSA		CLASE DE SALSA		CLASE DE SALSA		
11:00	PILATES	PILATES	PILATES	PILATES	PILATES	YOGA	
11:15		GIMNASIA CORRECTIVA		GIMNASIA CORRECTIVA			
11:30	STRETCHING		STRETCHING		STRETCHING		
12:00						YOGA	
14:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
15:00	PILATES LOCAL SPORT	PILATES	PILATES LOCAL SPORT	PILATES	LOCAL SPORT PILATES		
16:00	PILATES	PILATES	PILATES	PILATES	PILATES		
17:00	PILATES SPORT FUNCTIONAL	PILATES TAEKWONDO INFANTIL	PILATES SPORT FUNCTIONAL	PILATES TAEKWONDO INFANTIL	PILATES		
18:00	STRETCHING PILATES POWER LOCAL SPORTCYCLE	PILATES YOGA SPORTCYCLE	PILATES POWER LOCAL AERO BOX SPORTCYCLE STRETCHING	SPORTCYCLE YOGA PILATES	POWER LOCAL SPORTCYCLE STRETCHING PILATES		
19:00	AERO BOX TALLER DE ABDOMINALES PILATES ZUMBA	STRETCHING TAEKWONDO (ADULTOS) LOCALIZADA	AERO BOX TALLER DE ABDOMINALES ZUMBA PILATES	STRETCHING LOCAL SPORT TAEKWONDO (ADULTOS) PILATES	AERO BOX PILATES ZUMBA TALLER DE ABDOMINALES		
19:30		SPORTCYCLE		SPORTCYCLE			
20:00	SPORTCYCLE ENTRENAMIENTO FUNCIONAL	BOX TRAINING	ENTRENAMIENTO FUNCIONAL YOGA SPORTCYCLE	BOX TRAINING	SPORT FUNCTIONAL		