

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	YOGA		YOGA				
08:30		TRIATLON POWER LOCAL OUTDOOR		POWER LOCAL OUTDOOR TRIATLON		YOGA	
08:45		SPORTCYCLE		SPORTCYCLE OUTDOOR			
09:00	LOCALIZADA		LOCALIZADA		LOCALIZADA		
09:30		STRETCHING		STRETCHING OUTDOOR			
10:00	PILATES MAT		PILATES MAT		PILATES MAT	TRIATLON TRIATLON ANIMAL FLOW	
10:30		ZUMBA		ZUMBA			
11:00						COREOGRAFÍA	
11:15						CALISTENIA	
12:00	FUNCTIONAL OUTDOOR	BOXEO RECREATIVO OUDOOR	FUNCTIONAL OUTDOOR	BOXEO RECREATIVO OUDOOR	FUNCTIONAL OUTDOOR		
13:00	YOGA	LOCALIZADA	YOGA	LOCALIZADA	YOGA		
14:00		STRETCHING		STRETCHING			
15:30	COREOGRAFÍA	JAZZ FUSION	CONTEMPORÁNEO				
17:00		YOGA		YOGA			

18:00	BAILE TRIATLON SPORTCYCLE		ANIMAL FLOW TRIATLON BAILE SPORTCYCLE		BAILE SPORTCYCLE		
18:15		BODY ATTACK		BODY ATTACK			
19:00	CARDIO MIX SPORTFUNCTIONAL OUTDOOR	CALISTENIA BODY PUMP	CARDIO MIX SPORTFUNCTIONAL OUTDOOR	BODY PUMP CALISTENIA	SPORTFUNCTIONAL OUTDOOR		
19:30		SPORTCYCLE		SPORTCYCLE OUTDOOR			
20:00	POWER HIIT OUTDOOR	YOGA	POWER HIIT OUTDOOR	YOGA			
20:15	YOGA		YOGA		YOGA		

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