

## HORARIOS DE CLASE

| HS.   | LUNES                           | MARTES                      | MIERCOLES                       | JUEVES                      | VIERNES                     | SÁBADO           | DOMINGO |
|-------|---------------------------------|-----------------------------|---------------------------------|-----------------------------|-----------------------------|------------------|---------|
| 07:15 | SPORT FUNCTIONAL                | ZUMBA                       | SPORT FUNCTIONAL                | ZUMBA                       | SPORT FUNCTIONAL            |                  |         |
| 07:30 | SPORTCYCLE                      |                             | SPORTCYCLE                      |                             | SPORTCYCLE                  |                  |         |
| 08:00 |                                 | SPORTCYCLE                  |                                 | SPORTCYCLE                  |                             |                  |         |
| 08:15 | SPORTCYCLE BODY PUMP            |                             | SPORTCYCLE BODY PUMP            |                             | SPORTCYCLE BODY PUMP        |                  |         |
| 08:30 |                                 | PILATES MAT                 |                                 | PILATES MAT                 |                             |                  |         |
| 09:15 |                                 |                             |                                 |                             |                             | SPORT FUNCTIONAL |         |
| 10:00 |                                 |                             |                                 |                             |                             | SPORTCYCLE       |         |
| 11:00 |                                 |                             |                                 |                             |                             | STRETCHING       |         |
| 13:00 | BODY PUMP TALLER DE ABDOMINALES | ZUMBA                       | BODY PUMP TALLER DE ABDOMINALES | ZUMBA                       | TALLER DE ABDOMINALES       |                  |         |
| 13:15 | SPORT FUNCTIONAL SPORTCYCLE     | SPORTCYCLE SPORT FUNCTIONAL | SPORT FUNCTIONAL SPORTCYCLE     | SPORT FUNCTIONAL SPORTCYCLE | SPORT FUNCTIONAL SPORTCYCLE |                  |         |
| 18:00 |                                 | YOGA                        |                                 | YOGA                        |                             |                  |         |
| 18:15 | ZUMBA                           |                             | ZUMBA                           |                             | ZUMBA                       |                  |         |
| 18:30 | SPORT FUNCTIONAL                | SPORT FUNCTIONAL            | SPORT FUNCTIONAL                | SPORT FUNCTIONAL            | SPORT FUNCTIONAL            |                  |         |
| 18:45 | 100% ABDOMINALES                |                             | 100% ABDOMINALES                |                             |                             |                  |         |
| 19:00 | SPORTCYCLE                      | SPORTCYCLE POWER FIT        | SPORTCYCLE                      | SPORTCYCLE POWER FIT        | SPORTCYCLE                  |                  |         |
| 19:15 | SUPER WORKOUT                   |                             | SUPER WORKOUT                   |                             | SUPER WORKOUT               |                  |         |
| 19:30 | SPORT FUNCTIONAL                | SPORT FUNCTIONAL            | SPORT FUNCTIONAL                | SPORT FUNCTIONAL            | SPORT FUNCTIONAL            |                  |         |
| 20:00 | STRETCHING                      | TALLER GAP BODY COMBAT      | STRETCHING                      | TALLER GAP BODY COMBAT      | STRETCHING                  |                  |         |