

HORARIOS DE CLASE

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--|---|--|---|--|---------------------------------------|---------|
| 08:00 | SPORTCYCLE | POWER LOCAL | SPORTCYCLE | POWER LOCAL | SPORTCYCLE | | |
| 08:15 | | SPORTCYCLE | | SPORTCYCLE | | | |
| 09:00 | LOCAL MIX TRAINING | ENTRENAMIENTO FUNCIONAL | LOCAL MIX TRAINING | ENTRENAMIENTO FUNCIONAL | LOCAL MIX TRAINING | | |
| 10:00 | YOGA | STRETCHING | YOGA | EUTONIA | STRETCHING | POWER FIT | |
| 11:00 | | | | | | ENTRENAMIENTO FUNCIONAL SPORTCYCLE | |
| 12:00 | | | | | | CHI KUNG | |
| 13:00 | ENTRENAMIENTO FUNCIONAL SPORTCYCLE | ENTRENAMIENTO FUNCIONAL | SPORTCYCLE ENTRENAMIENTO FUNCIONAL | ENTRENAMIENTO FUNCIONAL | SPORTCYCLE ENTRENAMIENTO FUNCIONAL | | |
| 17:00 | | | | | | ENTRENAMIENTO FUNCIONAL | |
| 18:00 | GAP | PILATES MAT | GAP | PILATES MAT | YOGA | YOGA | |
| 19:00 | SPORTCYCLE ENTRENAMIENTO FUNCIONAL | SPORTCYCLE STRETCHING TALLER DE ABDOMINALES | ENTRENAMIENTO FUNCIONAL SPORTCYCLE | STRETCHING TALLER DE ABDOMINALES SPORTCYCLE | ENTRENAMIENTO FUNCIONAL | | |
| 20:00 | TALLER DE ABDOMINALES SPORTCYCLE ZUMBA | BODY PUMP | TALLER DE ABDOMINALES SPORTCYCLE REGGAETON | BODY PUMP | TALLER DE ABDOMINALES REGGAETON SPORTCYCLE | | |
| 20:30 | STRETCHING | | STRETCHING | | STRETCHING | | |