

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
07:45		BOX TRAINNING		BOX TRAINNING			
08:15	SPORTCYCLE ZUMBA STRONG	SPORTCYCLE	SPORTCYCLE ZUMBA STRONG	SPORTCYCLE	ZUMBA STRONG SPORTCYCLE		
08:45	KANGOO POWER		KANGOO POWER		KANGOO POWER		
09:00		LOCALIZADA		LOCALIZADA			
09:15	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP		
09:30	ZUMBA		ZUMBA		ZUMBA	YOGA	
10:00	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	STRETCHING	STRETCHING	SPORTCYCLE
10:10	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
11:00						POWER LOCAL	SPORTCYCLE
11:15						KANGOO POWER	
12:15						ZUMBA SPORTCYCLE	
13:00		ROWING CLASS		ROWING CLASS			
13:15	POWER FIT KANGOO POWER SPORTCYCLE SPORT FUNCTIONAL	INTERVAL TRAINING SPORTCYCLE LOCALIZADA INT.	SPORT FUNCTIONAL KANGOO POWER SPORTCYCLE POWER FIT	INTERVAL TRAINING SPORTCYCLE LOCALIZADA INT.	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE		
13:30		ROWING CLASS		ROWING CLASS			
14:15	LOCALIZADA INT.		LOCALIZADA INT.		POWER LOCAL		

15:15		SPORTCYCLE		SPORTCYCLE			
17:00						CLASE DE SALSA	
18:00	KANGOO POWER PILATES MAT	KANGOO POWER	KANGOO POWER PILATES MAT	KANGOO POWER	PILATES MAT KANGOO POWER		
18:30		BOX TRAINNING		BOX TRAINNING			
18:45		ZUMBA		ZUMBA			
19:00	SPORT FUNCTIONAL SPORTCYCLE TALLER DE ABDOMINALES BODY COMBAT	SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT	SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT		
19:30	TALLER DE ESTIRAMIENTO	BODY PUMP STRETCHING	TALLER DE ESTIRAMIENTO	STRETCHING BODY PUMP	TALLER DE ESTIRAMIENTO		
20:00	SPORT FUNCTIONAL BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL BODY PUMP SPORTCYCLE		
20:30		YOGA		YOGA			

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