

## HORARIOS DE CLASE

| HS.   | LUNES                                    | MARTES                               | MIERCOLES                               | JUEVES                               | VIERNES               | SÁBADO                               | DOMINGO |
|-------|--|--------------------------------------|---|--------------------------------------|-----------------------|--------------------------------------|---------|
| 07:30 |  | SPORTCYCLE                           |   | SPORTCYCLE                           |                       |                                      |         |
| 08:15 | SPORTCYCLE                               | LOCALIZADA INT.                      | SPORTCYCLE                              | LOCALIZADA INT.                      | SPORTCYCLE            |                                      |         |
| 09:00 | TALLER DE ABDOMINALES SUPER WORKOUT      | ZUMBA                                | TALLER DE ABDOMINALES SUPER WORKOUT     | ZUMBA                                | TALLER DE ABDOMINALES | TAI CHI CHUAN                        |         |
| 09:15 |  | ENTRENAMIENTO FUNCIONAL              |   | ENTRENAMIENTO FUNCIONAL              |                       |                                      |         |
| 10:00 | YOGA                                     |                                      | YOGA                                    |                                      | YOGA                  | ENTRENAMIENTO FUNCIONAL              |         |
| 11:00 |  |                                      |   |                                      |                       | SPORTCYCLE<br>CROSS BOX<br>TRAINNING |         |
| 12:00 |  |                                      |   |                                      |                       | BODY PUMP                            |         |
| 13:00 |  |                                      |   |                                      |                       | CXWORX                               |         |
| 15:00 |  |                                      |   |                                      |                       | POWER JUMP                           |         |
| 16:00 |  |                                      |   |                                      |                       | ZUMBA                                |         |
| 18:00 | STRETCHING                               | AERO LOCAL                           | ZUMBA<br>PILATES MAT                    | AERO LOCAL                           |                       |                                      |         |
| 19:00 | PILATES MAT<br>BODY PUMP<br>ROWING CLASS | TALLER DE ABDOMINALES<br>BODY COMBAT | ROWING CLASS<br>STRETCHING<br>BODY PUMP | TALLER DE ABDOMINALES<br>BODY COMBAT |                       |                                      |         |
| 19:30 | SPORTCYCLE                               | SPORTCYCLE<br>CXWORX                 | SPORTCYCLE                              | SPORTCYCLE<br>CXWORX                 | SPORTCYCLE            |                                      |         |
| 19:45 | ENTRENAMIENTO FUNCIONAL                  |                                      | ENTRENAMIENTO FUNCIONAL                 |                                      |                       |                                      |         |

|              |   |                               |  |                               |  |  |  |
|--------------|---|-------------------------------|--|-------------------------------|--|--|--|
| <b>20:00</b> | ZUMBA<br>YOGA<br>TALLER DE<br>ABDOMINALES | BODY PUMP<br>SPORT FUNCTIONAL | TALLER DE<br>ABDOMINALES<br>YOGA<br>CROSS BOX<br>TRAINNING | BODY PUMP<br>SPORT FUNCTIONAL | BOXEO<br>ZUMBA<br>TALLER DE<br>ABDOMINALES |  |  |
| <b>20:30</b> | SPORTCYCLE                                |                               | SPORTCYCLE   |                               |  |  |  |
| <b>21:00</b> | TAI CHI CHUAN                             | ZUMBA<br>POWER JUMP           |  | POWER JUMP<br>TAI CHI CHUAN   |  |  |  |

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