

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
09:30	PILATES MAT BODY PUMP	STRETCHING	PILATES MAT BODY PUMP	STRETCHING	PILATES MAT BODY PUMP		
10:00						SPORTCYCLE LOCAL	
10:30	TALLER DE GLUTEOS YOGA		TALLER DE GLUTEOS YOGA		YOGA		
11:00						STRETCHING	
11:15		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
12:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPEED LOCAL	
14:00		BODY PUMP		BODY PUMP			
14:30	SPEED LOCAL		SPEED LOCAL		SPEED LOCAL		
16:00	MUEVELO		MUEVELO			MUEVELO	
17:00						SPORTCYCLE	
18:00	SPORTCYCLE	SPORTCYCLE PILATES MAT	SPORTCYCLE	PILATES MAT SPORTCYCLE	SPORTCYCLE		
18:30	ABDOMINALES				ABDOMINALES		
19:00	SPORT FUNCTIONAL RPM BODY PUMP	DEPORTRAINING SPORTCYCLE BODY COMBAT RITMOS LATINOS	SPORT FUNCTIONAL BODY PUMP RPM	DEPORTRAINING SPORTCYCLE RITMOS LATINOS BODY COMBAT	RPM BODY PUMP SPORT FUNCTIONAL		
20:00	ABDOMINALES BODY COMBAT	SPEED LOCAL FLEXSPORT	ABDOMINALES BODY COMBAT	SPEED LOCAL FLEXSPORT	BODY COMBAT ABDOMINALES		
20:30	SPORTCYCLE TALLER DE GLUTEOS	RPM	SPORTCYCLE TALLER DE GLUTEOS	RPM	SPORTCYCLE		

21:00

MUEVELO

MUEVELO

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