

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
09:00	LOCALIZADA INT.	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA INT.		
10:00	100% ABDOMINALES		100% ABDOMINALES		STRETCHING		
10:30	STRETCHING	YOGA	STRETCHING	YOGA			
11:00						SPORTCYCLE	
15:00						ZUMBA	
15:30						YOGA	
18:00	LOCALIZADA	STRETCHING	GAP	STRETCHING	LOCALIZADA INT.		
19:00	BODY PUMP SPORTCYCLE	BODY BALANCE ZUMBA	BODY PUMP BODY BALANCE	YOGA ZUMBA	BODY BALANCE BODY PUMP		
20:00	RPM BODY COMBAT	SPORT FUNCTIONAL SPORTCYCLE	RPM BODY COMBAT	SPORT FUNCTIONAL SPORTCYCLE	BODY COMBAT RPM		

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