

## HORARIOS DE CLASE

| HS.   | LUNES                          | MARTES  | MIERCOLES                      | JUEVES  | VIERNES                        | SÁBADO      | DOMINGO |
|-------|--------------------------------|---|--------------------------------|---|--------------------------------|-------------|---------|
| 08:15 | SPORT FUNCTIONAL               | SPORTCYCLE                                    | SPORT FUNCTIONAL               | SPORTCYCLE                                    | SPORT FUNCTIONAL               |             |         |
| 08:30 |                                | STRETCHING                                    |                                | STRETCHING                                    |                                |             |         |
| 09:00 | BODY PUMP                      |   | BODY PUMP                      |   | BODY PUMP                      |             |         |
| 09:15 | SPORTCYCLE                     |   | SPORTCYCLE                     |   | SPORTCYCLE                     |             |         |
| 10:00 | YOGA                           |   | YOGA                           |   | YOGA                           |             |         |
| 11:00 |                                |   |                                |   |                                | ABDOMINALES |         |
| 11:30 |                                |   |                                |   |                                | SPORTCYCLE  |         |
| 12:00 |                                | STRETCHING                                    |                                | STRETCHING                                    |                                |             |         |
| 13:00 | SPORTCYCLE                     |   | SPORTCYCLE                     |   | SPORTCYCLE                     | PILATES MAT |         |
| 17:00 |                                | RITMOS RECREATIVOS                            |                                | RITMOS RECREATIVOS                            |                                |             |         |
| 18:00 | YOGA                           | BOXEO RECREATIVO STRETCHING                   | YOGA                           | BOXEO RECREATIVO STRETCHING                   | YOGA                           |             |         |
| 18:30 | SPORTCYCLE                     |   | SPORTCYCLE                     |   | SPORTCYCLE                     |             |         |
| 19:00 |                                | SPORTCYCLE<br>BODY PUMP<br>ABDOMINALES        |                                | SPORTCYCLE<br>ABDOMINALES<br>BODY PUMP        |                                |             |         |
| 19:30 | BODY PUMP<br>SPORTCYCLE        |   | BODY PUMP<br>SPORTCYCLE        |   | BODY PUMP<br>SPORTCYCLE        |             |         |
| 20:00 | ABDOMINAL POWER                | BODY ATTACK<br>SPORTCYCLE<br>SPORT FUNCTIONAL | ABDOMINAL POWER                | SPORTCYCLE<br>BODY ATTACK<br>SPORT FUNCTIONAL | ABDOMINAL POWER                |             |         |
| 20:30 | POWER JUMP<br>SPORT FUNCTIONAL |   | POWER JUMP<br>SPORT FUNCTIONAL |   | POWER JUMP<br>SPORT FUNCTIONAL |             |         |