

## HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00		SPORT FUNCIONAL		SPORT FUNCIONAL			
08:30	STRETCHING		STRETCHING		STRETCHING		
09:00	SPORTCYCLE	LOCALIZADA	SPORTCYCLE	LOCALIZADA	SPORTCYCLE		
10:00		YOGA		YOGA		ZUMBA POWER JUMP	
10:30						SPORTCYCLE	
11:00		POWER JUMP		POWER JUMP		ENTRENAMIENTO FUNCIONAL	
12:00						ZUMBA	
13:00						BODY PUMP	
14:00						STRETCHING	
16:30						BODY COMBAT	
17:00		SPORT DANCE INFANTIL		SPORT DANCE INFANTIL			
17:30						YOGA	
18:00	POWER JUMP	SUPER WORKOUT	POWER JUMP	SUPER WORKOUT	POWER JUMP		
18:30	SPORT FUNCIONAL	ZUMBA	SPORT FUNCIONAL	ZUMBA	SPORT FUNCIONAL		
19:00	BODY PUMP	INTERVAL TRAINING SPORTCYCLE	BODY PUMP	INTERVAL TRAINING SPORTCYCLE	BODY PUMP		
19:30	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	ENTRENAMIENTO FUNCIONAL	ENTRENAMIENTO FUNCIONAL SPORTCYCLE	ENTRENAMIENTO FUNCIONAL	SPORTCYCLE ENTRENAMIENTO FUNCIONAL		
20:00	BODY ATTACK	BODY PUMP SPORTCYCLE	BODY ATTACK	SPORTCYCLE BODY PUMP	BODY ATTACK		

<b>20:30</b>	STRETCHING SPORTCYCLE	YOGA	SPORTCYCLE STRETCHING	YOGA	SPORTCYCLE STRETCHING		
<b>21:00</b>	BODY COMBAT		BODY COMBAT		BODY COMBAT		

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