

## HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE BODY ATTACK	ROWING CLASS	BODY ATTACK KROPP 3D SPORTCYCLE	ROWING CLASS	KROPP 3D RITMOS LATINOS BODY ATTACK SPORTCYCLE		
08:30	BODY PUMP		BODY PUMP		BODY PUMP		
11:00						YOGA SPORTCYCLE	
13:00	ROWING CLASS		ROWING CLASS		ROWING CLASS		
13:30						ZUMBA	
14:30						POWER JUMP	
15:30						BODY ATTACK	
16:30		SPORTCYCLE		SPORTCYCLE			
18:00	SPORTCYCLE ZUMBA ROWING CLASS YOGA	ZUMBA ROWING CLASS YOGA	SPORTCYCLE YOGA ZUMBA ROWING CLASS	ZUMBA ROWING CLASS YOGA	ROWING CLASS SPORTCYCLE ZUMBA		
19:00	BODY BALANCE BODY PUMP 100% ABDOMINALES	POWER JUMP TALLERES CORPORALES 100% GLÚTEOS	100% ABDOMINALES BODY PUMP BODY BALANCE	POWER JUMP TALLERES CORPORALES 100% GLÚTEOS	100% ABDOMINALES BODY PUMP BODY BALANCE		
19:30	SPORTCYCLE 100% GLÚTEOS	100% ABDOMINALES	SPORTCYCLE 100% GLÚTEOS	100% ABDOMINALES	SPORTCYCLE 100% GLÚTEOS		
20:00	KROPP 3D RITMOS LATINOS	ROWING CLASS BODY COMBAT BODY BALANCE SPORTCYCLE	KROPP 3D RITMOS LATINOS	ROWING CLASS BODY COMBAT SPORTCYCLE BODY BALANCE	KROPP 3D RITMOS LATINOS		
20:30		KROPP 3D		KROPP 3D			

21:00

RITMOS LATINOS

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