

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE BODY ATTACK	ROWING CLASS	KROPP 3D SPORTCYCLE BODY ATTACK	ROWING CLASS	RITMOS LATINOS BODY ATTACK KROPP 3D SPORTCYCLE		
08:30	BODY PUMP		BODY PUMP		BODY PUMP		
11:00						SPORTCYCLE YOGA	
13:00	ROWING CLASS		ROWING CLASS		ROWING CLASS		
13:30						ZUMBA	
14:30						POWER JUMP	
16:30		SPORTCYCLE		SPORTCYCLE			
18:00	ROWING CLASS ZUMBA SPORTCYCLE YOGA	ZUMBA YOGA ROWING CLASS	ROWING CLASS ZUMBA YOGA SPORTCYCLE	ZUMBA YOGA ROWING CLASS	ROWING CLASS ZUMBA SPORTCYCLE		
19:00	100% ABDOMINALES BODY BALANCE BODY PUMP	TALLERES CORPORALES POWER JUMP 100% GLÚTEOS	100% ABDOMINALES BODY BALANCE BODY PUMP	TALLERES CORPORALES POWER JUMP 100% GLÚTEOS	100% ABDOMINALES BODY PUMP BODY BALANCE		
19:30	SPORTCYCLE 100% GLÚTEOS	100% ABDOMINALES	100% GLÚTEOS SPORTCYCLE	100% ABDOMINALES	SPORTCYCLE 100% GLÚTEOS		
20:00	RITMOS LATINOS KROPP 3D	SPORTCYCLE ROWING CLASS BODY COMBAT BODY BALANCE	KROPP 3D RITMOS LATINOS	BODY COMBAT ROWING CLASS SPORTCYCLE BODY BALANCE	KROPP 3D RITMOS LATINOS		
20:30		CROSS TRAINING		CROSS TRAINING			
21:00	HIIT	RITMOS LATINOS	HIIT	RITMOS LATINOS	HIIT		

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