

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	LOCALIZADA SPINNING	SPINNING	SPINNING LOCALIZADA	SPINNING	SPINNING LOCALIZADA		
08:30		CALISTENIA		CALISTENIA			
09:00	CALISTENIA		CALISTENIA		CALISTENIA		
09:30		TOTAL BODY		TOTAL BODY			
10:00	ZUMBA		ZUMBA		ZUMBA		
10:30		YOGA		YOGA		PILATES MAT	
11:00	STRETCHING		STRETCHING		STRETCHING		
11:30						LOCALIZADA	
13:00	SPINNING		SPINNING		SPINNING		
14:00	LOCALIZADA		LOCALIZADA		LOCALIZADA	SPINNING	
15:00		FUNCTIONAL		FUNCTIONAL			
16:00		AEROLOCAL		AEROLOCAL		BODY COMBAT	
17:00						BODY PUMP	
18:00	ZUMBA	CALISTENIA	ZUMBA	CALISTENIA	ZUMBA		
19:00	SPINNING BODY PUMP	LOCAL POWER SPINNING	SPINNING BODY PUMP	LOCAL POWER SPINNING	SPINNING BODY PUMP		
20:00	BODY COMBAT SPINNING	FUNCTIONAL SPINNING	BODY COMBAT SPINNING	FUNCTIONAL SPINNING	BODY COMBAT SPINNING		
21:00	ABDOMINALES FUNCTIONAL	ABDOMINALES	ABDOMINALES FUNCTIONAL	ABDOMINALES	ABDOMINALES		

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