

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
08:30	STRETCHING		STRETCHING		STRETCHING		
09:00		BOXEO PILATES MAT		BOXEO PILATES MAT			
09:30	AEROLOCAL		AEROLOCAL		AEROLOCAL		
10:00		STRETCHING SPORTFUNCTIONAL		STRETCHING SPORTFUNCTIONAL			
10:30	GIMNASIA POSTURAL		GIMNASIA POSTURAL		GIMNASIA POSTURAL		
11:30	YOGA		YOGA		YOGA		
12:00	BOXEO		BOXEO		BOXEO		
12:30	STRETCHING		STRETCHING		STRETCHING		
13:30	AEROLOCAL		AEROLOCAL		AEROLOCAL		
16:00	LOCALIZADA		LOCALIZADA		LOCALIZADA		
17:00	STRETCHING SPORTCROSS	SPORTCROSS LOCALIZADA	SPORTCROSS FLEXIBILIDAD	LOCALIZADA SPORTCROSS	STRETCHING SPORTCROSS		
18:00	SPORTCROSS SPORTCYCLE	SPORTCYCLE YOGA SPORTCROSS	RITMOS LATINOS SPORTCROSS SPORTCYCLE	SPORTCROSS YOGA SPORTCYCLE	RITMOS LATINOS SPORTCROSS SPORTCYCLE		
19:00	SPORTCYCLE SPORTCROSS	SPORTCYCLE SPORTCROSS	SPORTCYCLE SPORTCROSS	SPORTCYCLE SPORTCROSS	SPORTCYCLE SPORTCROSS		