

## HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	POWER LOCAL	TRIATLON	POWER LOCAL	TRIATLON	SPORTCYCLE		
08:15	SPORTCYCLE		SPORTCYCLE				
08:45				SPORTCYCLE OUTDOOR			
09:00	LOCALIZADA	POWER LOCAL OUTDOOR SPORTCYCLE	LOCALIZADA	POWER LOCAL OUTDOOR	LOCALIZADA	YOGA	
10:00	PILATES MAT	STRETCHING	PILATES MAT	STRETCHING OUTDOOR	PILATES MAT	TRIATLON	
10:30						SPORTFUNCTIONAL OUTDOOR	
11:00		ZUMBA		ZUMBA		COREOGRAFÍA CALISTENIA	
11:30						SPORTCYCLE	
12:00	FUNCTIONAL OUTDOOR GAP OUTDOOR	BOXEO RECREATIVO OUTDOOR	GAP OUTDOOR FUNCTIONAL OUTDOOR	BOXEO RECREATIVO OUTDOOR	FUNCTIONAL OUTDOOR		
12:30						CONTEMPORÁNEO	
13:00	YOGA SPORTCYCLE	LOCALIZADA	YOGA SPORTCYCLE	LOCALIZADA	YOGA		
14:00		STRETCHING		STRETCHING			
15:30			CONTEMPORÁNEO ENERGY MOVEMENT				
17:00		YOGA	SPORTFUNCTIONAL OUTDOOR	YOGA	SPORTFUNCTIONAL OUTDOOR		

<b>18:00</b>	TRIATLON SPORTCYCLE BOXEO RECREATIVO OUTDOOR CARDIO MIX	SPORTCYCLE BODY PUMP	SPORTCYCLE TRIATLON BOXEO RECREATIVO OUTDOOR CARDIO MIX	SPORTCYCLE BODY PUMP	BOXEO RECREATIVO OUTDOOR SPORTCYCLE TRIATLON		
<b>18:15</b>	STRECH & MOBILITY	CALISTENIA	STRECH & MOBILITY	CALISTENIA			
<b>19:00</b>	GAP OUTDOOR POWER HIIT OUTDOOR	BODY COMBAT SPORTCYCLE	SPORTCYCLE GAP OUTDOOR POWER HIIT OUTDOOR	SPORTCYCLE OUTDOOR BODY COMBAT	POWER HIIT OUTDOOR SPORTCYCLE		
<b>19:45</b>		YOGA		YOGA			
<b>20:00</b>	YOGA		YOGA				
<b>20:15</b>					YOGA		

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