

## HORARIOS DE CLASE

| HS.   | LUNES  | MARTES                     | MIERCOLES  | JUEVES                     | VIERNES                                  | SÁBADO                     | DOMINGO |
|-------|--|----------------------------|--|----------------------------|--|----------------------------|---------|
| 07:30 | SPORTCYCLE<br>ENTRENAMIENTO<br>FUNCIONAL               | ZUMBA                      | SPORTCYCLE<br>ENTRENAMIENTO<br>FUNCIONAL               | ZUMBA                      | SPORTCYCLE<br>ENTRENAMIENTO<br>FUNCIONAL |                            |         |
| 08:15 | BODY PUMP  | PILATES MAT                | BODY PUMP  | PILATES MAT                | BODY PUMP                                |                            |         |
| 08:30 | SPORTCYCLE   |                            | SPORTCYCLE   |                            | SPORTCYCLE                               |                            |         |
| 11:15 |  |                            |  |                            |  | STRETCHING                 |         |
| 12:15 |  |                            |  |                            |  | SPORTCYCLE                 |         |
| 13:00 | ENTRENAMIENTO<br>FUNCIONAL                             | ENTRENAMIENTO<br>FUNCIONAL | ENTRENAMIENTO<br>FUNCIONAL                             | ENTRENAMIENTO<br>FUNCIONAL | ENTRENAMIENTO<br>FUNCIONAL               |                            |         |
| 13:15 |  | SPORTCYCLE                 |  | SPORTCYCLE                 |  | ENTRENAMIENTO<br>FUNCIONAL |         |
| 18:00 | ENTRENAMIENTO<br>FUNCIONAL<br>ZUMBA                    | YOGA                       | ENTRENAMIENTO<br>FUNCIONAL<br>ZUMBA                    | YOGA                       | ENTRENAMIENTO<br>FUNCIONAL<br>ZUMBA      |                            |         |
| 18:15 |  | GAP                        |  | GAP                        |  |                            |         |
| 19:00 | LOCALIZADA<br>ENTRENAMIENTO<br>FUNCIONAL<br>SPORTCYCLE | SPORTCYCLE<br>ABS + HIIT   | LOCALIZADA<br>SPORTCYCLE<br>ENTRENAMIENTO<br>FUNCIONAL | SPORTCYCLE<br>ABS + HIIT   | LOCALIZADA<br>ENTRENAMIENTO<br>FUNCIONAL |                            |         |
| 19:15 |  | ENTRENAMIENTO<br>FUNCIONAL |  | ENTRENAMIENTO<br>FUNCIONAL |  |                            |         |
| 20:00 | STRETCHING   | BODY PUMP                  | STRETCHING   | BODY PUMP                  | STRETCHING                               |                            |         |