

# HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORTFUNCTIONAL STRONG BY ZUMBA SPORTCYCLE	BOXEO BODY COMBAT	STRONG BY ZUMBA SPORTCYCLE SPORTFUNCTIONAL	BOXEO BODY COMBAT	STRONG BY ZUMBA SPORTCYCLE SPORTFUNCTIONAL		
09:15	BODY PUMP ZUMBA SPORTCYCLE	LOCALIZADA SPORTFUNCTIONAL	ZUMBA BODY PUMP SPORTCYCLE	SPORTFUNCTIONAL LOCALIZADA	ZUMBA SPORTCYCLE BODY PUMP		
10:00						YOGA	
10:15	YOGA	STRETCHING	YOGA	STRETCHING			
11:00						BOXEO LOCALIZADA	
12:00						ZUMBA SPORTCYCLE	
13:00	ZUMBA		ZUMBA		ZUMBA		
13:15	LOCALIZADA SPORTFUNCTIONAL SPORTCYCLE	SPORTFUNCTIONAL	LOCALIZADA SPORTCYCLE SPORTFUNCTIONAL	SPORTFUNCTIONAL	LOCALIZADA SPORTCYCLE		
14:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
15:15		SPORTCYCLE		SPORTCYCLE			
17:00		SPORTFUNCTIONAL PARA ADOLESCENTES		SPORTFUNCTIONAL PARA ADOLESCENTES			
18:00	PILATES MAT		PILATES MAT		PILATES MAT		
18:30		BOXEO ZUMBA		ZUMBA BOXEO			
19:00	BODY PUMP TALLER DE ABDOMINALES	SPORTCYCLE STRONG BY ZUMBA STRETCHING	BODY PUMP TALLER DE ABDOMINALES	STRONG BY ZUMBA STRETCHING SPORTCYCLE	BODY PUMP TALLER DE ABDOMINALES		

<b>19:30</b>	TALLER DE ESTIRAMIENTO		TALLER DE ESTIRAMIENTO		TALLER DE ESTIRAMIENTO		
<b>20:00</b>	SPORTFUNCTIONAL BODY COMBAT	YOGA SPORTCYCLE SALSA	SPORTFUNCTIONAL BODY COMBAT	YOGA SPORTCYCLE	SPORTFUNCTIONAL BODY COMBAT		

**Unicenter** Paraná 3745 - Unicenter Shopping - (11) 4836-3737 - info.unicenter@sportclub.com.ar

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