

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
07:45		BOX TRAINNING		BOX TRAINNING			
08:15	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA		
08:45	KANGOO POWER		KANGOO POWER		KANGOO POWER		
09:00		LOCALIZADA		LOCALIZADA			
09:15	BODY PUMP SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP	SPORT FUNCTIONAL	SPORTCYCLE BODY PUMP		
09:30	ZUMBA		ZUMBA		ZUMBA	YOGA	
10:00	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	MÓDULO SENIOR GIMNASIA YOGA	STRETCHING	STRETCHING	STRETCHING	SPORTCYCLE
10:10	TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		TALLER DE ABDOMINALES		
11:00						POWER LOCAL BOXEO RECREATIVO	SPORTCYCLE
11:15						KANGOO POWER	
12:00						SPORTCYCLE	
12:15						ZUMBA	
13:00		ROWING CLASS		ROWING CLASS	ZUMBA		
13:15	POWER FIT SPORT FUNCTIONAL SPORTCYCLE KANGOO POWER	SPORT FUNCTIONAL LOCALIZADA INT. SPORTCYCLE	POWER FIT SPORTCYCLE SPORT FUNCTIONAL KANGOO POWER	LOCALIZADA INT. SPORTCYCLE SPORT FUNCTIONAL	POWER LOCAL SPORT FUNCTIONAL SPORTCYCLE		
13:30		ROWING CLASS		ROWING CLASS			

14:15	LOCALIZADA INT.		LOCALIZADA INT.		POWER LOCAL		
15:15		SPORTCYCLE		SPORTCYCLE			
17:00						CLASE DE SALSA	
18:00	KANGOO POWER PILATES MAT	KANGOO POWER	PILATES MAT KANGOO POWER	KANGOO POWER	KANGOO POWER PILATES MAT		
18:30		BOX TRAINNING		BOX TRAINNING			
18:45		ZUMBA		ZUMBA			
19:00	SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE TALLER DE ABDOMINALES BODY COMBAT	SPORTCYCLE	SPORT FUNCTIONAL TALLER DE ABDOMINALES BODY COMBAT SPORTCYCLE		
19:30	TALLER DE ESTIRAMIENTO	STRONG BY ZUMBA STRETCHING	TALLER DE ESTIRAMIENTO	STRETCHING STRONG BY ZUMBA	TALLER DE ESTIRAMIENTO		
20:00	SPORT FUNCTIONAL BODY PUMP SPORTCYCLE	SPORTCYCLE	SPORT FUNCTIONAL SPORTCYCLE BODY PUMP	SPORTCYCLE	SPORTCYCLE BODY PUMP SPORT FUNCTIONAL		
20:30		YOGA		YOGA			

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