

# HORARIOS DE CLASE

| HS.   | LUNES                                      | MARTES   | MIERCOLES  | JUEVES   | VIERNES  | SÁBADO                   | DOMINGO |
|-------|--|--|--|--|--|--------------------------|---------|
| 08:00 | SPORTCYCLE                                 |  | SPORTCYCLE   |  | SPORTCYCLE   |                          |         |
| 09:00 | SPORT PILATES<br>SPORT FUNCTIONAL          | SPORTCYCLE   | SPORT FUNCTIONAL<br>SPORT PILATES                        | SPORTCYCLE   | SPORT PILATES<br>SPORT FUNCTIONAL                            | SPORT PILATES            |         |
| 10:00 | POWERFLEX                                  | STRETCHING   | POWERFLEX  | STRETCHING   | POWERFLEX  | SPORTCYCLE<br>STRETCHING |         |
| 11:00 | STRETCHING                                 | ZUMBA  | STRETCHING   | ZUMBA  | STRETCHING   | HARD TRAINING            |         |
| 12:00 | YOGA<br>GYM TOTAL                          | TALLER POSTURAL                                    | YOGA<br>GYM TOTAL  | TALLER POSTURAL                                    | GYM TOTAL<br>YOGA  | MIX DANCE<br>SPORTCYCLE  |         |
| 13:00 | SPORTCYCLE<br>BODY PUMP                    | GAP<br>SPORT FUNCTIONAL                            | SPORTCYCLE<br>BODY PUMP                                  | GAP<br>SPORT FUNCTIONAL                            | BODY PUMP<br>SPORTCYCLE                                      | BODY COMBAT              |         |
| 15:00 |  |  |  |  |  | YOGA                     |         |
| 15:30 |  |  |  |  |  | SPORTCYCLE               |         |
| 16:00 |  |  |  |  |  | ZUMBA                    |         |
| 18:00 | AERO LOCAL                                 | SPORTCYCLE<br>STRETCHING<br>TAEKWONDO<br>(ADULTOS) | AERO LOCAL<br>ESFERODINAMIA                              | SPORTCYCLE<br>STRETCHING<br>TAEKWONDO<br>(ADULTOS) | AERO LOCAL   |                          |         |
| 19:00 | YOGA<br>RITMOS LATINOS                     | GAP<br>SPORTCYCLE<br>TALLER DE<br>ABDOMINALES      | YOGA<br>TALLER DE<br>ABDOMINALES<br>MIX DANCE            | GAP<br>TALLER DE<br>ABDOMINALES<br>SPORTCYCLE      | AQUA FUNCTIONAL<br>ZUMBA<br>SPORTBOX MIXTO<br>YOGA           |                          |         |
| 19:30 | TALLER DE<br>ABDOMINALES                   |  |  |  | TALLER DE<br>ABDOMINALES                                     |                          |         |
| 20:00 | SPORT FUNCTIONAL<br>SPORTCYCLE<br>CX-WORKS | STRETCHING<br>BODY PUMP                            | SPORTCYCLE<br>STRETCHING<br>CX-WORKS<br>SPORT FUNCTIONAL | STRETCHING<br>BODY PUMP                            | BODY PUMP<br>VOLEY ADULTOS<br>SPORTCYCLE<br>SPORT FUNCTIONAL |                          |         |

|              |  |                                       |  |                                       |   |  |  |
|--------------|--|---------------------------------------|--|---------------------------------------|---|--|--|
| <b>20:15</b> |  | SPORT FUNCTIONAL                      |  | SPORT FUNCTIONAL                      |   |  |  |
| <b>21:00</b> | SPORT FUNCTIONAL<br>SPORTCYCLE<br>RUNNING TEAM<br>BASQUET ADULTOS<br>BODY COMBAT | ZUMBA<br>FUTBOL ADULTOS<br>SPORTCYCLE | SPORT FUNCTIONAL<br>BASQUET ADULTOS<br>SPORTCYCLE<br>RUNNING TEAM<br>BODY COMBAT | ZUMBA<br>FUTBOL ADULTOS<br>SPORTCYCLE | RUNNING TEAM<br>BODY COMBAT<br>SPORTCYCLE |  |  |
| <b>21:30</b> |  |                                       |  |                                       | BASQUET ADULTOS                           |  |  |
| <b>22:00</b> | VOLEY ADULTOS  |                                       | VOLEY ADULTOS  |                                       |   |  |  |

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