

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:30		SPORTCYCLE	SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL		
08:15	SPORTCYCLE	LOCALIZADA INT.	SPORTCYCLE	LOCALIZADA INT.	SPORTCYCLE		
09:00	TALLER DE ABDOMINALES SUPER WORKOUT	ZUMBA	TALLER DE ABDOMINALES SUPER WORKOUT	ZUMBA	TALLER DE ABDOMINALES	TAI CHI CHUAN	
09:15		ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL			
10:00	YOGA		YOGA		YOGA	ENTRENAMIENTO FUNCIONAL	
11:00						SPORTCYCLE CROSS BOX TRAINNING	
12:00						BODY PUMP	
13:00						CXWORX	
15:00						POWER JUMP	
16:00						ZUMBA	
18:00	STRETCHING	AERO LOCAL	ZUMBA PILATES MAT	AERO LOCAL			
19:00	ROWING CLASS SPORTCYCLE PILATES MAT BODY PUMP	TALLER DE ABDOMINALES BODY COMBAT	ROWING CLASS STRETCHING SPORTCYCLE BODY PUMP	TALLER DE ABDOMINALES BODY COMBAT	SPORTCYCLE		
19:15		BOXEO RECREATIVO		BOXEO RECREATIVO			
19:30		CXWORX SPORTCYCLE		CXWORX SPORTCYCLE			

19:45	ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL				
20:00	ZUMBA SPORTCYCLE YOGA TALLER DE ABDOMINALES	BODY PUMP SPORT FUNCTIONAL	SPORTCYCLE YOGA CROSS BOX TRAINNING TALLER DE ABDOMINALES	SPORT FUNCTIONAL BODY PUMP	ZUMBA TALLER DE ABDOMINALES BOXEO		
21:00	TAI CHI CHUAN	ZUMBA POWER JUMP	TAI CHI CHUAN	POWER JUMP			

Caballito Av. Acoyte 702 - (11) 4958-5274 - info.caballito@sportclub.com.ar

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