

HORARIOS DE CLASE

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|--------------|--------------------------------------|--|--------------------------------------|-----------------------|--|--------|---------|
| 08:00 | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | | |
| 09:00 | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | | |
| 18:00 | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR | FUNCTIONAL OUTDOOR FUNCTIONAL OUTDOOR | | |
| 19:00 | 100% ABDOMINALES 100% ABDOMINALES | 100% ABDOMINALES FUNCTIONAL OUTDOOR | 100% ABDOMINALES 100% ABDOMINALES | 100% ABDOMINALES | 100% ABDOMINALES FUNCTIONAL OUTDOOR | | |

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