

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	YOGA		YOGA		YOGA		
08:15	SPORTCYCLE STRONG POWER FIT	SPORT FUNCTIONAL SPORTCYCLE	POWER FIT STRONG SPORTCYCLE	SPORTCYCLE SPORT FUNCTIONAL	POWER FIT STRONG SPORTCYCLE		
09:00	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES YOGA	TALLER DE ABDOMINALES	TALLER DE ABDOMINALES YOGA	TALLER DE ABDOMINALES	LOCALIZADA	
09:30	LOCALIZADA ZUMBA	SPORTCYCLE	LOCALIZADA ZUMBA	SPORTCYCLE	ZUMBA LOCALIZADA		
10:00						SPORTCYCLE	
10:30	CLASE DE SALSA GIMNASIA CORRECTIVA		CLASE DE SALSA GIMNASIA CORRECTIVA		GIMNASIA CORRECTIVA CLASE DE SALSA		
11:00						YOGA TALLER DE ABDOMINALES	
11:30	STRETCHING		STRETCHING		STRETCHING		
12:00						YOGA	
14:00	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
18:00	STRETCHING SPORTCYCLE BODY PUMP	STRONG POWER FIT YOGA SPORTCYCLE	STRETCHING SPORTCYCLE BODY PUMP	POWER FIT STRONG SPORTCYCLE YOGA	BODY PUMP SPORTCYCLE STRETCHING		
19:00	ZUMBA TALLER DE ABDOMINALES AERO BOX	LOCALIZADA STRETCHING	TALLER DE ABDOMINALES AERO BOX ZUMBA	LOCALIZADA STRETCHING	TALLER DE ABDOMINALES AERO BOX ZUMBA		

19:30		SPORTCYCLE		SPORTCYCLE			
20:00	YOGA SPORT FUNCTIONAL SPORTCYCLE	BOX TRAINING	SPORTCYCLE SPORT FUNCTIONAL YOGA	BOX TRAINING			

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