

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORT FUNCTIONAL		SPORT FUNCTIONAL		SPORT FUNCTIONAL		
08:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
09:30	100% ABDOMINALES FLEXSPORT BODY PUMP	100% ABDOMINALES STRETCHING	100% ABDOMINALES BODY PUMP PILATES MAT	100% ABDOMINALES STRETCHING	100% ABDOMINALES BODY PUMP PILATES MAT		
10:00						SPORTCYCLE	
10:30	YOGA TALLER DE GLUTEOS		YOGA TALLER DE GLUTEOS		YOGA		
11:00		SPORT FUNCTIONAL				STRETCHING	
11:15				SPORT FUNCTIONAL			
12:00	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPEED LOCAL	
13:00		ZUMBA					
14:00	SPEED LOCAL	BODY PUMP		BODY PUMP			
14:30			SPEED LOCAL		SPEED LOCAL		
15:00	ZUMBA	GIMNASIA CORRECTIVA					
16:00			MUEVELO			ZUMBA	
17:00						DEPORTRAINING	
18:00	SPORTCYCLE	PILATES MAT SPORTCYCLE	SPORTCYCLE	SPORTCYCLE PILATES MAT	SPORTCYCLE	SPORTCYCLE	
18:30	ABDOMINALES				ABDOMINALES		

19:00	RPM SPORT FUNCTIONAL BODY PUMP	BODY COMBAT SPORTCYCLE DEPORTRAINING ZUMBA	SPORT FUNCTIONAL RPM BODY PUMP	BODY COMBAT DEPORTRAINING SPORTCYCLE RITMOS LATINOS	RPM SPORT FUNCTIONAL BODY PUMP		
20:00	SPORT FUNCTIONAL ABDOMINALES BODY COMBAT	FUTBOL ADULTOS GIMNASIA CORRECTIVA LOCAL	SPORT FUNCTIONAL BODY COMBAT ABDOMINALES	FUTBOL ADULTOS FLEXSPORT SPEED LOCAL	BODY COMBAT ABDOMINALES		
20:30	SPORTCYCLE TALLER DE GLUTEOS	RPM	TALLER DE GLUTEOS SPORTCYCLE	RPM	SPORTCYCLE		
21:00	ZUMBA						

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