

# HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
07:30		STRETCHING		STRETCHING			
07:45	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
08:00		SPORT FUNCTIONAL		SPORT FUNCTIONAL			
08:30	STRETCHING		STRETCHING		STRETCHING		
09:00		YOGA		YOGA			
10:00				GYM P/MAYORES			
12:00	YOGA		YOGA		YOGA	SPORTCYCLE	
12:15		STRETCHING		STRETCHING			
13:00		ZUMBA			ZUMBA FUTBOL ADULTOS SPORTCYCLE	BLOQUE ABDOMINALES	
13:15	SPORTCYCLE SPORT FUNCTIONAL	RUNNING	SPORTCYCLE SPORT FUNCTIONAL	SPORT FUNCTIONAL			
13:30						SPORT FUNCTIONAL	
15:00	SPORT FUNCTIONAL	SPORT FUNCTIONAL		SPORT FUNCTIONAL			
18:30	BLOQUE ABDOMINALES		BLOQUE ABDOMINALES		STRETCHING BLOQUE ABDOMINALES		
18:45		ZUMBA		ZUMBA			
19:00	YOGA SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	YOGA SPORT FUNCTIONAL	SPORT FUNCTIONAL SPORTCYCLE	SPORT FUNCTIONAL		
19:15	SPORTCYCLE		SPORTCYCLE				

<b>19:45</b>		LOCALIZADA		LOCALIZADA			
<b>20:00</b>	COMBATE URBANO	SPORT FUNCTIONAL	COMBATE URBANO	SPORT FUNCTIONAL	COMBATE URBANO		
<b>20:15</b>	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
<b>21:00</b>		TAEKWONDO (ADULTOS)		TAEKWONDO (ADULTOS)			

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