

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:45		SPORTCYCLE		SPORTCYCLE			
08:30		SPORT FUNCIONAL		SPORT FUNCIONAL			
09:00	GAP SPORTCYCLE	PILATES MAT	GAP SPORTCYCLE	PILATES MAT	SPORTCYCLE GAP		
10:00	YOGA	STRETCHING	YOGA	STRETCHING	YOGA	CHICAS TREK SPORTCLUB YOGA	
10:30						SPORT FUNCIONAL	
11:00						SPORTCYCLE ZUMBA	
12:00						SPORTCYCLE LOCALIZADA	
12:30	SPORT FUNCIONAL	SPORT FUNCIONAL	SPORT FUNCIONAL	SPORT FUNCIONAL	SPORT FUNCIONAL		
13:00	ZUMBA	SPORTCYCLE	ZUMBA	SPORTCYCLE	ZUMBA	STRETCHING	
15:00	YOGA		YOGA		YOGA		
17:00		ZUMBA		ZUMBA			
17:30						RITMOS LATINOS	
18:00	LOCALIZADA INT.	X55	LOCALIZADA INT.	X55	LOCALIZADA INT.	SPORTCYCLE	
18:30	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE	SPORTCYCLE STRONG BY ZUMBA	SPORTCYCLE		
18:45		FIGHT DO		FIGHT DO			
19:00	RITMOS LATINOS		RITMOS LATINOS		RITMOS LATINOS	FIGHT DO	
19:30	SPORTCYCLE ABDOMINALES	ABDOMINALES SPORTCYCLE	ABDOMINALES SPORTCYCLE	ABDOMINALES SPORTCYCLE	SPORTCYCLE ABDOMINALES		

19:45		BODY PUMP		BODY PUMP			
20:00	SPORT FUNCTIONAL BODY PUMP	SPORT FUNCTIONAL	SPORT FUNCTIONAL BODY PUMP	SPORT FUNCTIONAL	SPORT FUNCTIONAL BODY PUMP		
20:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE			
21:00	BOXEO RECREATIVO	YOGA	BOXEO RECREATIVO	YOGA	BOXEO RECREATIVO		

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