

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	ENTRENAMIENTO FUNCIONAL	ROWING CLASS	ENTRENAMIENTO FUNCIONAL	ROWING CLASS	ENTRENAMIENTO FUNCIONAL		
08:15	SPORTCYCLE		SPORTCYCLE		SPORTCYCLE		
09:00		GAP		GAP			
10:30						YOGA	
11:00	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL	SPORTCYCLE VIRTUAL		
11:15						SPORTCYCLE	
12:15						SPORTCYCLE	
13:30						POWER JUMP	
16:15	ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL		ENTRENAMIENTO FUNCIONAL		
16:30		SPORT TRAINING		SPORT TRAINING			
17:00	ZUMBA		ZUMBA		ZUMBA		
17:15	GAP	ABDOMINAL POWER	ABDOMINAL POWER	ABDOMINAL POWER	GAP		
18:00	ENTRENAMIENTO FUNCIONAL YOGA	BODY BALANCE	ENTRENAMIENTO FUNCIONAL YOGA	BODY BALANCE	YOGA ENTRENAMIENTO FUNCIONAL		
18:15	RPM	ROWING CLASS ENTRENAMIENTO FUNCIONAL	RPM	ROWING CLASS ABDOMINAL POWER	ZUMBA		
19:00	ABDOMINAL POWER	SPORTCYCLE BODY BALANCE	ABDOMINAL POWER	BODY BALANCE SPORTCYCLE	ABDOMINAL POWER		
19:15	BODY PUMP	POWER JUMP	BODY PUMP	POWER JUMP	BODY PUMP		

19:30	RPM		RPM		RPM		
20:00	100% GLÚTEOS	GIMNASIA POSTURAL	100% GLÚTEOS	GIMNASIA POSTURAL	100% GLÚTEOS		
20:15	RITMOS LATINOS	GAP CROSS TRAINING	RITMOS LATINOS	CROSS TRAINING GAP	RITMOS LATINOS		
21:00	STRETCHING 100% GLÚTEOS		STRETCHING		STRETCHING 100% GLÚTEOS		
21:15		RITMOS LATINOS					

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