

# HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE BODY ATTACK KROPP 3D	ROWING CLASS	BODY ATTACK KROPP 3D SPORTCYCLE	ROWING CLASS	BODY ATTACK RITMOS LATINOS KROPP 3D SPORTCYCLE		
08:30	BODY PUMP		BODY PUMP		BODY PUMP		
11:00						SPORTCYCLE YOGA	
13:30						ZUMBA	
14:30						POWER JUMP	
18:00	ROWING CLASS ZUMBA SPORTCYCLE YOGA	ROWING CLASS ZUMBA SPORTCYCLE YOGA	ROWING CLASS ZUMBA SPORTCYCLE YOGA	ZUMBA ROWING CLASS SPORTCYCLE YOGA	ROWING CLASS ZUMBA SPORTCYCLE		
19:00	BODY PUMP BODY BALANCE 100% ABDOMINALES	POWER JUMP GIMNASIA POSTURAL 100% GLÚTEOS	BODY PUMP BODY BALANCE 100% ABDOMINALES	POWER JUMP GIMNASIA POSTURAL 100% GLÚTEOS	100% ABDOMINALES BODY PUMP BODY BALANCE		
19:30	SPORTCYCLE 100% GLÚTEOS	100% ABDOMINALES	SPORTCYCLE 100% GLÚTEOS	100% ABDOMINALES	SPORTCYCLE 100% GLÚTEOS		
20:00	RITMOS LATINOS KROPP 3D	AERO LOCAL ROWING CLASS BODY BALANCE	KROPP 3D RITMOS LATINOS	AERO LOCAL BODY BALANCE ROWING CLASS	KROPP 3D RITMOS LATINOS		
20:30		CROSS TRAINING		CROSS TRAINING			
21:00	HIIT	STRONG BY ZUMBA RITMOS LATINOS	HIIT	RITMOS LATINOS STRONG BY ZUMBA	HIIT		