

HORARIOS DE CLASE

| HS. | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--|---|--|--|---|-------------------------------|---------|
| 08:00 | SPORTCYCLE | 100% ABDOMINALES SPORT FUNCIONAL | SPORTCYCLE | 100% ABDOMINALES SPORT FUNCIONAL | SPORTCYCLE | | |
| 08:15 | SPORT FUNCIONAL | | SPORT FUNCIONAL | | SPORT FUNCIONAL | | |
| 08:30 | | SPORTCYCLE | | SPORTCYCLE | | | |
| 09:00 | YOGA | ZUMBA | YOGA | ZUMBA | YOGA | | |
| 09:30 | | LOCAL | | LOCAL | | | |
| 10:00 | | | | | | SPORT FUNCIONAL SPORTCYCLE | |
| 11:00 | | | | | | PILATES MAT | |
| 13:00 | SPORT FUNCIONAL SPORTCYCLE | SPORTCYCLE SPORT FUNCIONAL | SPORT FUNCIONAL SPORTCYCLE | SPORTCYCLE SPORT FUNCIONAL | SPORTCYCLE SPORT FUNCIONAL | | |
| 16:00 | | YOGA | | YOGA | | | |
| 17:00 | | GAP | | GAP | | SPORT FUNCIONAL ZUMBA | |
| 18:00 | ENTRENAMIENTO FUNCIONAL PILATES MAT | STRONG BY ZUMBA STRETCHING | ENTRENAMIENTO FUNCIONAL PILATES MAT | STRONG BY ZUMBA STRETCHING | ENTRENAMIENTO FUNCIONAL PILATES MAT | | |
| 19:00 | SPORTCYCLE SPORT FUNCIONAL ZUMBA | SPORTCYCLE SPORT FUNCIONAL LOCAL | SPORTCYCLE SPORT FUNCIONAL ZUMBA | SPORT FUNCIONAL LOCAL SPORTCYCLE | SPORT FUNCIONAL ZUMBA SPORTCYCLE | | |
| 19:30 | 100% ABDOMINALES | | 100% ABDOMINALES | | ABDOMINALES | | |
| 20:00 | BOX TRAINING SPORT FUNCIONAL BODY PUMP | 100% ABDOMINALES SPORTCYCLE ENTRENAMIENTO FUNCIONAL ZUMBA | BOX TRAINING SPORT FUNCIONAL BODY PUMP | SPORTCYCLE ABDOMINALES ENTRENAMIENTO FUNCIONAL ZUMBA | BODY PUMP BOX TRAINING | | |

Álvarez Thomas Avenida Álvarez Thomas 1570 - 4551-1748 - info.alvarezthomas@sportclub.com.ar

 /sportcluboficial  /sportcluboficial  /sportclub_gym