

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	CXWORX	100% ABDOMINALES	CXWORX	100% ABDOMINALES	CXWORX		
07:15		LOCAL XTREME		LOCAL XTREME			
07:30	BODY PUMP	HIIT	BODY PUMP	HIIT	BODY PUMP		
08:00	HIIT	PILATES	HIIT	PILATES	HIIT		
08:15	YOGA		YOGA				
08:45	100% STRETCH	ZUMBA	100% STRETCH	ZUMBA	100% STRETCH		
12:15	100% ABDOMINALES		100% ABDOMINALES		100% ABDOMINALES		
12:30	AEROLOCAL	BODY COMBAT	AEROLOCAL	BODY COMBAT	AEROLOCAL		
13:00	HIIT	HIIT	HIIT	HIIT	HIIT		
13:15	ZUMBA	BODY PUMP	STRONG	BODY PUMP	FIT FEM		
14:15	PILATES	STRETCHING	PILATES	STRETCHING	PILATES		
15:15	FIT FEM						
17:15	GAP			GAP			
17:30			GAP		GAP		
18:00	ZUMBA	CXWORX	ZUMBA	CXWORX	ZUMBA		
18:30	HIIT	HIIT BODY PUMP	HIIT	BODY PUMP HIIT	HIIT		
19:00	STRONG		STRONG		STRONG		
19:15	HIIT	HIIT	HIIT	HIIT			
19:30		YOGA		YOGA			
19:45	STRETCHING		STRETCHING				