

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	ZUMBA		ZUMBA		ZUMBA		
08:30		KANGOO POWER		KANGOO POWER			
09:00	POWER LOCAL SPORTCYCLE SPORT FUNCTIONAL	SPORTCYCLE	SPORT FUNCTIONAL POWER LOCAL SPORTCYCLE	SPORTCYCLE	POWER LOCAL SPORT FUNCTIONAL SPORTCYCLE		
09:30		POWER LOCAL		POWER LOCAL			
10:00	100% ABDOMINALES LOCALIZADA	100% ABDOMINALES	100% ABDOMINALES LOCALIZADA	100% ABDOMINALES	LOCALIZADA 100% ABDOMINALES	SPORTCYCLE	
10:30		ZUMBA		ZUMBA		YOGA SPORT FUNCTIONAL	
11:00	YOGA		YOGA		YOGA		
11:30						KANGOO POWER	
12:00		STRETCHING		STRETCHING			
12:30						ZUMBA	
13:30	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE	SPORTCYCLE		
14:00		MIX DANCE		MIX DANCE			
14:30	ZUMBA 100% ABDOMINALES	100% ABDOMINALES	ZUMBA 100% ABDOMINALES	100% ABDOMINALES	ZUMBA 100% ABDOMINALES		
15:00		PILATES MAT		PILATES MAT			
15:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
16:30		STRETCHING		STRETCHING			
17:15	ZUMBA		ZUMBA				
17:30		PATIN INFANTIL		PATIN INFANTIL			

18:00	LOCAL MIX TRAINING SPORTCYCLE	YOGA ZUMBA	SPORTCYCLE LOCAL MIX TRAINING	YOGA ZUMBA	LOCAL MIX TRAINING SPORTCYCLE		
19:00	SPORTCYCLE KANGOO POWER	SPORTCYCLE	SPORTCYCLE KANGOO POWER	SPORTCYCLE	KANGOO POWER SPORTCYCLE		
19:15		LOCALIZADA INT.		LOCALIZADA INT.			
19:30	SPORT FUNCTIONAL	SALIDAS A CORRER SPORT FUNCTIONAL	SPORT FUNCTIONAL	SALIDAS A CORRER SPORT FUNCTIONAL	SPORT FUNCTIONAL		
20:00	KANGOO POWER 100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES KANGOO POWER	100% ABDOMINALES	100% ABDOMINALES		
20:30	BOXEO		BOXEO		BOXEO		

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