

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	SPORTFUNCTIONAL STRONG BY ZUMBA SPORTCYCLE	BOXEO BODY COMBAT	STRONG BY ZUMBA SPORTCYCLE SPORTFUNCTIONAL	BOXEO BODY COMBAT	STRONG BY ZUMBA SPORTCYCLE SPORTFUNCTIONAL		
09:15	ZUMBA SPORTCYCLE BODY PUMP	SPORTFUNCTIONAL LOCALIZADA	ZUMBA SPORTCYCLE BODY PUMP	SPORTFUNCTIONAL LOCALIZADA	ZUMBA SPORTCYCLE BODY PUMP		
10:00						YOGA	
10:15	YOGA	STRETCHING	YOGA	STRETCHING			
11:00						BOXEO LOCALIZADA	
12:00						ZUMBA SPORTCYCLE	
13:15	SPORTFUNCTIONAL SPORTCYCLE GAP ZUMBA	SPORTFUNCTIONAL LOCALIZADA REMO	SPORTFUNCTIONAL SPORTCYCLE GAP ZUMBA	SPORTFUNCTIONAL LOCALIZADA REMO	SPORTCYCLE GAP ZUMBA		
14:15	LOCALIZADA		LOCALIZADA		LOCALIZADA		
15:15		SPORTCYCLE		SPORTCYCLE			
17:00		SPORTFUNCTIONAL PARA ADOLESCENTES		SPORTFUNCTIONAL PARA ADOLESCENTES		SALSA	
18:00	PILATES MAT	BOXEO	PILATES MAT	BOXEO	PILATES MAT		
18:30		ZUMBA		ZUMBA			
19:00	SPORTCYCLE BODY PUMP TALLER DE ABDOMINALES	STRONG BY ZUMBA STRETCHING SPORTCYCLE	SPORTCYCLE BODY PUMP TALLER DE ABDOMINALES	STRONG BY ZUMBA STRETCHING SPORTCYCLE	SPORTCYCLE BODY PUMP TALLER DE ABDOMINALES		

19:30	TALLER DE ESTIRAMIENTO		TALLER DE ESTIRAMIENTO		TALLER DE ESTIRAMIENTO		
20:00	SPORTFUNCTIONAL BODY COMBAT	YOGA SPORTCYCLE	SPORTFUNCTIONAL BODY COMBAT	SPORTCYCLE YOGA	SPORTFUNCTIONAL BODY COMBAT		

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