

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTCYCLE SPORTFUNCTIONAL	BOX TRAINNING	SPORTCYCLE SPORTFUNCTIONAL	BOX TRAINNING	SPORTCYCLE SPORTFUNCTIONAL		
09:00	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
13:00	SPORTFUNCTIONAL		SPORTFUNCTIONAL		SPORTFUNCTIONAL		
13:15	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
17:45	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES	100% ABDOMINALES		
18:00	BODY PUMP BOX TRAINNING	BODY COMBAT STRETCHING	BODY PUMP BOX TRAINNING	BODY COMBAT STRETCHING	BODY PUMP BOX TRAINNING		
18:15		SPORTCYCLE		SPORTCYCLE			
19:00	STRONG YOGA	POWER JUMP BOX TRAINNING	YOGA STRONG	POWER JUMP BOX TRAINNING			

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