

HORARIOS DE CLASE

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	TULUKA ZUMBA SPORTCYCLE	SPORT RITMOS SPORT FUNCIONAL	ZUMBA SPORTCYCLE TULUKA	SPORT RITMOS SPORT FUNCIONAL	SPORTCYCLE ZUMBA TULUKA		
09:00	SPORT FUNCIONAL ABDOYOGA	SPORTCYCLE LOCALIZADA	SPORT FUNCIONAL ABDOYOGA	SPORTCYCLE LOCALIZADA	SPORT FUNCIONAL	LOCALIZADA	
10:00		YOGA		YOGA		SPORT FUNCIONAL YOGA	
10:30						SPORTCYCLE	
11:00						BOX TRAINING ZUMBA	
11:30						SPORTCYCLE	
12:00						ABDOMINALES TULUKA	
12:30						STRETCHING	
13:30		TULUKA		TULUKA			
14:30	SPORT FUNCIONAL	SPORTCYCLE	SPORT FUNCIONAL	SPORTCYCLE			
17:00	ABDOMINALES LOCALIZADA		PILATES MAT		LOCALIZADA ABDOMINALES	SPORT FUNCIONAL	
17:30	STRETCHING				STRETCHING		
18:00	YOGA GAP SPORT FUNCIONAL	LOCAL RITMOS BOX TRAINING	GAP	LOCAL RITMOS BOX TRAINING	YOGA GAP SPORT FUNCIONAL	ZUMBA	
19:00	SPORTCYCLE BODY COMBAT TULUKA	YOGA SPORT FUNCIONAL SPORTCYCLE	AQUA FUNCIONAL SPORTCYCLE TULUKA BODY COMBAT	YOGA SPORT FUNCIONAL SPORTCYCLE	AQUA FUNCIONAL SPORTCYCLE BODY COMBAT TULUKA		

20:00	TULUKA BODY PUMP SPORTCYCLE	TULUKA SPORTCYCLE ZUMBA	TULUKA SPORTCYCLE BODY PUMP	TULUKA ZUMBA SPORTCYCLE	TULUKA BODY PUMP		
20:30		BODY ATTACK	YOGA	BODY ATTACK			
21:00	HIIT TULUKA				HIIT		

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