



HORARIO CLASES DIRIGIDAS



	LUNES			MARTES			MIERCOLES			JUEVES			VIERNES			SABADO	
	COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO
09:00H	PILATES		09:00H 9:30H	GAP		09:00H 9:30H	PILATES		09:00H 9:30H	PUMP		09:00H 9:30H	YOGA		09:00H 9:30H		
10:00H		CICLO	10:00H	HIIT	CICLO	10:00H	GAP		10:00H	HIIT	CICLO	10:00H	HIIT	CICLO	10:00H		
11:00H	HIIT		11:00H			11:00H	HIIT		11:00H			11:00H			11:00H	PILATES	
11:30H			11:30H			11:30H			11:30H			11:30H			11:30H		
12:00H			12:00H			12:00H			12:00H			12:00H			12:00H		
14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H		CICLO 12:30H
17:00H			17:00H	PILATES		17:00H			17:00H	PILATES		17:00H			17:00H		
18:00H			18:00H	HIIT		18:00H			18:00H	HIIT		18:00H	HIIT		18:00H		
19:00H	ZUMBA	CICLO	19:00H	PUMP 18:30H		19:00H	GAP		19:00H	PUMP 18:30H		19:00H			19:00H	CICLO	
20:00H	GAP		20:00H	ABD / STRETCH 19:30H	CICLO 19:30H	20:00H	ZUMBA	CICLO	20:00H	PILATES 19:30H		20:00H			20:00H		
20:30H			20:30H	CROSSFIT FULLBODY 20:30H		20:30H			20:30H	CROSSFIT FULLBODY 20:30H		20:30H			20:30H		
21:00H	HIIT		21:00H			21:00H	HIIT		21:00H			21:00H			21:00H		
21:30H			21:30H			21:30H			21:30H			21:30H			21:30H		
22:00H			22:00H			22:00H			22:00H			22:00H			22:00H		
22:30H			22:30H			22:30H			22:30H			22:30H			22:30H		
	AIDA	PATRICIA		DANIEL	DANIEL		JACOB	MARIO		JAVI			ESTRELLA	HIIT			