



# 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	GAP		09:00H	PILATES		09:00H	PUMP		09:00H			09:00H		
			9:30H			9:30H			9:30H			9:30H			9:30H		CICLO
10:00H		CICLO	10:00H		CICLO	10:00H	GAP		10:00H		CICLO	10:00H		CICLO	10:00H		
				HIIT						HIIT			HIIT		10:30H	PILATES	
11:00H	HIIT		11:00H			11:00H	HIIT		11:00H			11:00H			11:00H		
11:30H			11:30H			11:30H			11:30H			11:30H			11:30H		
12:00H			12:00H			12:00H			12:00H			12:00H			12:00H		
															12:30		
14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H	HIIT		14:00H		
17:00H			17:00H			17:00H			17:00H			17:00H			17:00H		
18:00H			18:00H	HIIT		18:00H			18:00H	HIIT		18:00H			18:00H		
19:00H	HIIT		19:00H			19:00H	HIIT		19:00H			19:00H	HIIT				
19:30H	ZUMBA	CICLO	19:30H	PUMP		19:30H	GAP		19:30H	PILATES		19:00H		CICLO	19:00H		
20:00H	19:30H	19:30H	20:00H			20:00H	19:30H		20:00H	19:30H		20:00H			20:00H		
20:30H	GAP		20:30H	ABD /	CICLO	20:30H	ZUMBA	CICLO	20:30H	PUMP		20:30H			20:30H		
21:00H	20:30H		21:00H	STRETCH	20:30H	21:00H	20:30H	20:30H	21:00H	20:30H		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		
	ENTRENADOR	PATRICIA		AIDA	DANIEL		JACOB	MARIEN		JAVI							