



ARTGYM

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