



HORARIO CLASES DIRIGIDAS



	LUNES			MARTES			MIERCOLES			JUEVES			VIERNES			SABADO	
	COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO		COLECTIVA	CICLO
9:00H			9:00H			9:00H			9:00H			9:00H			9:00H		
			9:30H	PILATES 9:30H		9:30H			9:30H	PILATES 09:30H		9:30H			9:30H		
10:00H		CICLO	10:00H			10:00H		CICLO	10:00H			10:00H		CICLO	10:00H		
				ZUMBA 10:30H						ZUMBA 10:30H							CICLO 10:30H
11:00H	HIIT		11:00H			11:00H	HIIT		11:00H			11:00H	HIIT		11:00H		
11:30H			11:30H	HIIT		11:30H			11:30H	HIIT		11:30H			11:30H	PILATES 11:30H	
12:00H			12:00H			12:00H			12:00H			12:00H			12:00H		
14:30H	HIIT		14:30H	HIIT		14:30H	HIIT		14:30H	HIIT		14:30H	HIIT		14:30H		
17:00H			17:00H			17:00H			17:00H			17:00H			17:00H		
18:00H	PILATES		18:00H	PILATES		18:00H	BALANCE		18:00H	PILATES		18:00H	PILATES		18:00H		
19:00H	ZUMBA	CICLO	19:00H	GAP	CICLO	19:00H	GAP	CICLO	19:00H	PUMP	CICLO	19:00H	FULLBODY		19:00H		
20:00H	PUMP		20:00H	CROSSFIT	CICLO 20:10	20:00H	ZUMBA		20:00H	CROSSFIT	CICLO 20:10	20:00H	HIIT		20:00H		
20:30H			20:30H			20:30H			20:30H			20:30H			20:30H		
21:00H	HIIT		21:00H			21:00H	HIIT		21:00H			21:00H			21:00H		
			21:30H	KICK BOXING		21:30H			21:30H	KICK BOXING		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		
	HIIT	MARIA		JAVI	PATRICIA		JACOB	ALBERTO		MARIEM							