



ARTGYM
CLUB DE FITNESS

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 9:30		9:30H			9:30H		
10:00H		CICLO	10:00H			10:00H		CICLO	10:00H			10:00H		CICLO	10:00H		
				ZUMBA 10:30					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			18:00H			18:00H			18:00H			18:00H			18:00H		
18:30h	PILATES 18:30H		18:30h	PILATES 18:30		18:00H			18:30H	PILATES 18:30		18:00H			18:00H		
19:00H			19:00H			19:00H	GAP		19:00H			19:00H			19:00H		
19:30h		CICLO 19:30H	19:30H	GAP 19:30	CICLO 19:30	19:00H		CICLO 19:30	19:30 H	PUMP 19:30	CICLO 19:30	19:00H			19:00H		
20:00H			20:00H			20:00H	ZUMBA		20:00H			20:00H	HIIT		20:00H		
20:30H	PUMP 20:30		20:30H	CROSSFIT 20:30		20:30H			20:30H	CROSSFIT 20:30		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		
	HIIT	MARIA		JAVI	PATRICIA		JACOB	MARIEN									