

# ARTGYM



|       | LUNES          | MARTES             | MIÉRCOLES    | JUEVES        | VIERNES  | SÁBADO           |
|-------|----------------|--------------------|--------------|---------------|----------|------------------|
| 09:00 |                | PILATES            | YOGA         | PILATES       |          |                  |
| 10:00 | CICLO          | ZUMBA              | CICLO        | ZUMBA         | CICLO    | CICLO<br>10:30   |
| 11:00 | HIIT 30'       | PILATES            | HIIT 30'     | PILATES       | HIIT 30' | PILATES<br>11:30 |
| 14:00 | HIIT 30'       | HIIT 30'           | HIIT 30'     | HIIT 30'      | HIIT 30' |                  |
|       |                |                    |              |               |          |                  |
| 17:00 |                |                    |              |               | HIIT 30' |                  |
| 18:00 | PILATES        | PILATES            | BALANCE      | PILATES       | PILATES  |                  |
| 19:00 | ZUMBA<br>CICLO | GAP<br>CICLO (OCT) | GAP<br>CICLO | PUMP<br>CICLO | FULLBODY |                  |
| 20:00 | PUMP           | CROSSFIT           | ZUMBA        | CROSSFIT      |          |                  |
| 21:00 | HIIT 30'       |                    | HIIT 30'     |               |          |                  |

ARTGYM SE RESERVA EL DERECHO A MODIFICAR LOS HORARIOS BAJO DEMANDA Y/O NECESIDAD