



MEJORAR RENDIMIENTO



TONIFICACIÓN Y AUMENTO DE FUERZA



PERDIDA DE PESO Y REDUCCIÓN DE TALLA



SALUD Y BIENESTAR

HORARIOS		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	07:50	Spinning S	Yoga Vinyasa H	Spinning S	Yoga Vinyasa H	Spinning S		
08:00	08:50	Yoga Vinyasa H	Body Combat S	Yoga Vinyasa H	Body Combat S	Yoga Vinyasa H		
08:10	08:50	Functional Fit F		Functional Fit F		Functional Fit F		
08:10	09:00		Pilates H		Pilates H			
08:15	09:05	Spinning S	Spinning S	Spinning S	Spinning S	Spinning S		
09:00	09:50	Yoga Vinyasa H		Yoga Vinyasa H		Yoga Vinyasa H		
09:00	10:00	Baile H		Salsation H		Salsation H		
09:10	10:00		Zumba S		Zumba S			
09:10	10:00		Body Pump F		Body Pump F			
09:15	10:00	Spinning S		Spinning S		Spinning S		
10:00	10:50						Body Combat S	
10:10	10:40		Hit Fit F		Hit Fit F			
10:10	11:00	Pilates H		Pilates H		Pilates H		
10:10	11:00	Body Combat S		Body Combat S		Body Combat S		
10:30	12:00							Spinning S
11:00	11:50						Zumba S	
11:00	12:00						Yoga Vinyasa H	
11:10	12:10		Yoga Vinyasa H		Yoga Vinyasa H			
11:10	12:00	Baile H	Zumba S	Salsation H	Zumba S	Salsation H	Spinning S	
11:10	12:00	Pilates H		Pilates H		Pilates H		
12:00	13:00						Baile H	
12:10	12:40		GAP F		GAP F			
12:20	13:00	Functional Fit F		Functional Fit F		Functional Fit F		
17:00	17:50	Zumba S		Zumba S		Zumba S		
18:00	18:50	Zumba S		Zumba S				
18:10	19:00					Pilates H		
18:15	19:05	Pilates H		Pilates H				
18:20	18:50		Hit Fit F		Hit Fit F			
18:30	19:30					Yoga Vinyasa H		
19:00	19:50		Baile H		Baile H			
19:00	19:40	Fight Fit F		Fight Fit F				
19:10	20:00					Body Combat S		
19:10	20:00	Spinning S	Spinning S	Spinning S	Spinning S	Spinning S		
20:00	20:50		Body Pump F		Body Pump F			
20:00	20:50	Body Combat H		Body Combat H				
20:10	21:00	Spinning H		Spinning H				
20:10	21:00		Pilates H		Pilates H			
20:30	21:30	Yoga Vinyasa H		Yoga Vinyasa H				
21:00	21:50		Body Combat S		Body Combat S			

S SPINNING

H HOLÍSTICA

F FUNCIONAL