



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	07:30	TRX Fit <b>F</b>		TRX Fit <b>F</b>		TRX Fit <b>F</b>		
07:00	07:30	Hit Fit <b>AD</b>		Hit Fit <b>AD</b>				
07:00	07:45		Functional Fit <b>AD</b>		Functional Fit <b>AD</b>			
07:00	07:55	Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>		
07:00	08:00	Yoga Vinyasa <b>H</b>	Hatha Yoga <b>H</b>	Yoga Vinyasa <b>H</b>	Hatha Yoga <b>H</b>			
07:30	08:00		Rowing Fit <b>2</b>		Rowing Fit <b>2</b>			
07:40	08:10	Rowing Fit <b>2</b>		Rowing Fit <b>2</b>		Rowing Fit <b>2</b>		
07:50	08:20		Total ABS <b>AD</b>		Total ABS <b>AD</b>			
10:00	10:55						Indoor Cycling <b>S</b>	
10:30	11:15						Functional Fit <b>AD</b>	
11:00	11:55						Baile <b>AD</b>	Indoor Cycling <b>S</b>
11:00	12:00						Hatha Yoga <b>H</b>	
11:30	12:00						Rowing Fit <b>2</b>	
12:05	12:20							Total ABS <b>AD</b>
12:05	13:00						Body Pump <b>AD</b>	
13:00	13:30		TRX Fit <b>F</b>		TRX Fit <b>F</b>			
13:00	14:00		Body Pump <b>AD</b>		Body Pump <b>AD</b>			
13:00	13:40	Body Power <b>AD</b>		Body Power <b>AD</b>		Body Power <b>AD</b>		
13:05	13:35	Fight Fit <b>F</b>		Fight Fit <b>F</b>		TRX Fit <b>F</b>		
13:30	14:25		Indoor Cycling <b>S</b>		Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>		
13:30	14:30					Hatha Yoga <b>H</b>		
13:35	14:05		Rowing Fit <b>2</b>		Rowing Fit <b>2</b>			
13:35	14:05		Fight Fit <b>F</b>		Fight Fit <b>F</b>			
13:45	14:30	Functional Fit <b>AD</b>		Functional Fit <b>AD</b>		Functional Fit <b>AD</b>		
14:00	14:30		Hit Fit <b>AD</b>		Hit Fit <b>AD</b>			
14:00	14:55	Indoor Cycling <b>S</b>		Indoor Cycling <b>S</b>				
14:00	15:00	Yoga Vinyasa <b>H</b>	Yoga Release <b>H</b>	Yoga Vinyasa <b>H</b>	Yoga Release <b>H</b>			
14:05	14:35	Rowing Fit <b>2</b>		Rowing Fit <b>2</b>				
15:00	15:15	Total ABS <b>AD</b>		Total ABS <b>AD</b>				
18:15	19:00	Body Pump <b>AD</b>	GAP <b>AD</b>	Body Pump <b>AD</b>	GAP <b>AD</b>			
18:15	19:00	Pilates <b>H</b>		Pilates <b>H</b>				
18:30	19:00	TRX Fit <b>F</b>		TRX Fit <b>F</b>		TRX Fit <b>F</b>		
19:00	20:00		Yoga Iyengar <b>H</b>		Yoga Iyengar <b>H</b>	Hatha Yoga <b>H</b>		
19:10	20:10	Hatha Yoga <b>H</b>		Hatha Yoga <b>H</b>				
19:05	20:00		Indoor Cycling <b>S</b>		Indoor Cycling <b>S</b>	Indoor Cycling <b>S</b>		
19:10	20:05	Indoor Cycling <b>S</b>		Indoor Cycling <b>S</b>				
19:05	20:00	Baile <b>AD</b>	Baile <b>AD</b>	Baile <b>AD</b>	Baile <b>AD</b>			
19:10	19:40	Fight Fit <b>F</b>	TRX Fit <b>F</b>	Fight Fit <b>F</b>	TRX Fit <b>F</b>	Hit Fit <b>AD</b>		
19:15	19:45	Rowing Fit <b>2</b>	Rowing Fit <b>2</b>	Rowing Fit <b>2</b>	Rowing Fit <b>2</b>			
19:45	20:30	Functional Fit <b>F</b>	Functional Fit <b>F</b>	Functional Fit <b>F</b>	Functional Fit <b>F</b>			
20:10	20:50	GAP <b>AD</b>		GAP <b>AD</b>				
20:10	21:00		Body Pump <b>AD</b>		Body Pump <b>AD</b>			
20:10	21:05	Indoor Cycling <b>S</b>		Indoor Cycling <b>S</b>				
20:40	21:20		Fight Fit <b>F</b>		Fight Fit <b>F</b>			