

Horarios de clases



Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:00h - 8:00h	CYCLING Oscar	CYCLING Oscar	CYCLING Oscar	CYCLING Oscar	CYCLING Oscar		
8:15h - 9:00h	CROSS TRAINING Oscar	CIRCUITO KEISER Oscar	CROSS TRAINING Oscar	CIRCUITO KEISER Oscar	CROSS TRAINING Oscar		
9:00h - 9:30h	ABS Agueda		ABS Agueda		ABS Agueda		
9:00h - 10:00h		TOTAL BODY Agueda		TOTAL BODY Agueda		CYCLING Oscar	
9:30h - 10:30h	GAP Agueda		TABATA Agueda		GAP Agueda		
10h -11:00h		RITMOS LATINOS Agueda		RITMOS LATINOS Agueda		CYCLING Oscar	RUNNING (exterior) Oscar
10:30h - 11:30h	CARDIO DANCE Agueda		CARDIO DANCE Agueda		CARDIO DANCE Agueda		
11:00h - 12:00h						TRX Oscar	
11:30h - 12:00h		ABS Agueda		ABS Agueda			
12:00h - 13:00h	TOTAL BODY Agueda	GAP Agueda	TOTAL BODY Agueda	GAP Agueda	TOTAL BODY Agueda		
13:00h - 14:30h		YOGRAPPLING* (Yoga+Grappling) David		YOGRAPPLING* (Yoga+Grappling) David			
14:00h - 15:00h							
15:00h - 16:00h							
16:00h - 17:00h							
17:15h - 18:00h	CROSS TRAINING Lidia	CIRCUITO KEISER Lidia	GAP Lidia	CROSS TRAINING Lidia	CIRCUITO KEISER Lidia		
18:00h - 19:00h	PILATES Lidia	CARDIO BOX Lidia	TOTAL BODY Lidia	SEXY STYLE Lidia	ZUMBA Lidia		
19:00h - 20:00h	ZUMBA Lidia	CYCLING Oscar	PILATES Lidia	CYCLING Oscar	TOTAL BODY Lidia		
20:00h - 20:30h		ABS Lidia		ABS Lidia			
20:00h - 21:00h		CYCLING Oscar		TRX Oscar			
20:00h - 21:30h	YOGRAPPLING* (Yoga+Grappling) David		YOGRAPPLING* (Yoga+Grappling) David				

*CONSULTAR EN RECEPCIÓN