

Horarios de clases



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

*CONSULTAR EN RECEPCIÓN

