

# Horarios de clases



Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:00h - 8:00h	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar		
8:15h - 9:00h							
9:00h - 9:30h	<b>ABS</b> Agueda		<b>ABS</b> Agueda		<b>ABS</b> Agueda		
9:00h - 10:00h		<b>TOTAL BODY</b> Agueda		<b>TOTAL BODY</b> Agueda		<b>CYCLING</b> Oscar	
9:30h - 10:30h	<b>PILATES</b> Agueda		<b>TABATA</b> Agueda		<b>GAP</b> Agueda		
10:00h - 11:00h		<b>CIRCUITO KEISER</b> Agueda		<b>EBAIQI</b> Agueda		<b>CYCLING</b> Oscar	
10:30h - 11:30h							
11:00h - 12:00h						<b>TRX</b> Oscar	
11:30h - 12:00h							
12:00h - 13:00h	<b>TOTAL BODY</b> Agueda	<b>GAP</b> Agueda	<b>PILATES</b> Agueda	<b>GAP</b> Agueda	<b>TABATA</b> Agueda		
13:00h - 14:30h							
14:00h - 15:00h							
15:00h - 16:00h							
16:00h - 17:00h							
17:15h - 18:00h		<b>CIRCUITO KEISER</b> Lidia					
17:15h - 18:00h	<b>CROSS TRAINING</b> Lidia	<b>JIU-JITSU INFANTIL</b> Luiz	<b>CROSS TRAINING</b> Lidia	<b>CIRCUITO KEISER</b> Lidia	<b>JIU-JITSU INFANTIL</b> Luiz		
18:15h - 19:15h	<b>PILATES</b> Lidia	<b>CARDIO BOX</b> Lidia	<b>TOTAL BODY</b> Lidia	<b>SEXY STYLE</b> Lidia	<b>ZUMBA</b> Lidia		
19:15h - 20:15h	<b>ZUMBA</b> Lidia	<b>CYCLING</b> Oscar	<b>PILATES</b> Lidia	<b>CYCLING</b> Oscar	<b>TOTAL BODY</b> Lidia		
20:00h - 20:30h		<b>ABS</b> Lidia		<b>ABS</b> Lidia			
20:15h - 21:15h	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar			

\*CONSULTAR EN RECEPCIÓN

