

Horarios de clases



Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:00h - 8:00h	CYCLING		CYCLING		CYCLING		
	Oscar		Oscar		Oscar		
8:15h - 9:00h							
9:00h - 9:30h	ABS		ABS		ABS		
	Agueda		Agueda		Agueda		
9:00h - 10:00h		TOTAL BODY		TOTAL BODY		CYCLING	
		Agueda		Agueda		Oscar	
9:30h - 10:30h	PILATES		TABATA		GAP		
	Agueda		Agueda		Agueda		
10:00h - 11:00h		CIRCUITO KEISER		EBAIQI			
		Agueda		Agueda			
10:30h - 11:30h							
11:00h - 12:00h						TRX	
						Oscar	
11:30h - 12:00h							
12:00h - 13:00h	TOTAL BODY	GAP	PILATES	GAP	TABATA		
	Agueda	Agueda	Agueda	Agueda	Agueda		
13:00h - 14:30h							
14:00h - 15:00h							
15:00h - 16:00h							
16:00h - 17:00h							
17:00h - 17:45h	H.I.T	GAP	TRX	CYCLING			
	Oscar	Oscar	Oscar	Oscar			
18:15h - 19:15h	PILATES	CARDIO BOX	TOTAL BODY	SEXY STYLE	ZUMBA		
	Lidia	Lidia	Lidia	Lidia	Lidia		
19:15h - 20:15h	ZUMBA	CYCLING	PILATES	CYCLING	TOTAL BODY		
	Lidia	Oscar	Lidia	Oscar	Lidia		
20:00h - 20:30h		ABS		ABS			
		Lidia		Lidia			
20:15h - 21:15h	CYCLING	CYCLING	CYCLING	CYCLING			
	Oscar	Oscar	Oscar	Oscar			

*CONSULTAR EN RECEPCIÓN

