



Nuevos Horarios 2020
LUNES A VIERNES 07:00 A 22:00HS
Sabado, Domingo y Festivos de 09:00 a 21:00 hs

HORARIO	Lunes	Martes	Miercoles	Jueves	Viernes	Sábado	Domingo
09:15-10:00	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym		
09:00-09:20	PowerWave Crosstrainer						
09:30-09:50		PowerWave Crosstrainer			PowerWave Crosstrainer		
09:00-10:30	Yoga Terapeutico		Yoga Terapeutico		Yoga Terapeutico		
09:15-10:00	Spinning		Spinning		Spinning		
10:00-10:40	Abs / stretching		Abs /stretching		Abs / stretching		
10:00-11:00	Fit-Boxe		Full-Body		Glutab		
10:15-11:00	Aquagym	Aquagym	Aquagym	Aquagym	Aquagym		
11:15- 12:00		Spinning		Spinning			
11:15-12:15	Pilates		Fit-Boxe	Pilates	Fit-Boxe		
12:00-12:20		Abdominales		Abdominales			
14:00-14:45						Aquagym	
17:00-18:00							
18:00-19:00	Full-Body	Trx	Glutab	Trx	Full-Body		
19:00-19:45	Aquagym	Aqua-Circuit	Aquagym	Aqua-Circuit	Aquagym		
19:00-20:00	Pilates		Zumba				
19:00-19:20		PowerWave Crosstrainer		PowerWave Crosstrainer			
19:00-20:00			Yoga Flow		Yoga		
19:15-20:00	Spinning	Spinning	Spinning	Spinning	Spinning		
20:00-20:40	Abs / stretching	Abs /stretching	Abs / stretching	Abs / stretching	Abs / stretching		
20:00-21:00	Fit-Boxe		Fit-Boxe	Pilates	Fit-Boxe		

