

HORARIOS DE CLASES GIMNASIO

| HORARIO | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO |
|---------------|-----------------|-----------------|--------------|------------------|-----------------|---------|
| 9:00 - 9:45 | AQUAGYM | AQUAGYM | AQUAGYM | AQUAGYM | AQUAGYM | |
| 9:15 - 10:00 | CICLO INDOOR | | CICLO INDOOR | | | AQUAGYM |
| 10:00-10:45 | | | | BODY PUMP 45 MIN | | |
| 10:30 - 11:15 | PILATES | FULL BODY | G.A.P | | | |
| 11:30 - 12:15 | | RITMO & COMBATE | | CICLO INDOOR | RITMO & COMBATE | |
| 18:00 - 18:45 | BODY PUMP 45MIN | G.A.P | | STEP TONE | BODY BANDS | |
| 18:00 - 19:00 | | | BODY PUMP 1H | | | |
| 19:00 - 19:45 | CICLO INDOOR | PILATES | CICLO INDOOR | CICLO INDOOR | BODY MIND | |
| 19:00 - 19:45 | POWER COMBAT | | | POWER COMBAT | | |



RESERVA TU PLAZA
ESCANEOANDO EL QR

