

HORARIOS DE CLASES GIMNASIO

	LUNES/MON	MARTES/TUE	MIÉRCOLES/W	JUEVES/THU	VIERNES/FRI	SÁBADO/SAT
08:00 - 08:45		CROSS TRAINING INTERMEDIO		CROSS TRAINING INTERMEDIO		
08:15 - 09:00	CICLO INDOOR					
09:00 - 09:45	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	YOGA 10:00 - 11:00
09:15 - 10:00	FIT-PILATES INTERMEDIO		FIT-PILATES INTERMEDIO			AQUAGYM 10:00 - 10:45
10:00 - 10:45	CIRCUIT TRAINING	BAILE	TOTAL BODY	UPPER-BODY	G.A.P	TRX
11:00 - 11:45	PILATES	BODY BRAIN	PILATES	BAILE	YOGA KUNDALINI	AQUAGYM 13:00 - 13:45
15:00 - 15:45	CIRCUIT TRAINING	AQUAGYM	HIIT CORE 30'	CIRCUIT TRAINING	AQUAGYM	
16:00 - 16:45	STRECHING	CORE 30'	STRECHING	TRX		
17:00 - 17:45	CIRCUIT TRAINING	PILATES	CIRCUIT TRAINING	PILATES		
18:00 - 18:45	TOTAL BODY	AQUAGYM	G.A.P	TOTAL BODY	G.A.P	TOTAL BODY
19:00 - 19:45	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	AQUAGYM	
19:00 - 19:45	BAILE	AQUAGYM	AQUAGYM	AQUAGYM 19:15	BAILE	
20:00 - 20:45	PILATES	CALISTENIA INTERMEDIO	YOGA KUNDALINI	CALISTENIA INTERMEDIO	CROSS TRAINING INTERMEDIO	
20:00 - 20:45		BAILE		BAILE		

