

LUNES 10 DE ABRIL

HORARIO	PERFORMANCE	FITNESS	WELLNES	BIKE	RING	AF	MURO	ALBERCA
06:00		BODY PUMP	YOGA VINYASA		BOX			CLINICA
06:15				BIKE		CROSS TRAINING		
07:00	BODY COMBAT	BAILE	PILATES		BOX			CLINICA
07:15				BIKE		CROSS TRAINING		
08:00								CLINICA
09:00			CORE					
10:00		ZUMBA						
11:00		CORE						
12:00								AQUAEROBICS
14:15			PILATES	BIKE		CROSS TRAINING		CLINICA
17:00	BAILE							
18:00	BAILE	STEP						
19:00	STEP	BODY PUMP		BIKE		CROSS TRAINING	ESCALADA/ DANZA AEREA	CLINICA
20:00	BODY COMBAT	BAILE	PILATES	BIKE		CX WORKS	ESCALADA/ DANZA AEREA	CLINICA
21:00	BODY COMBAT	CX WORKS						CLINICA

MARTES 11 DE ABRIL

HORARIO	PERFORMANCE	FITNESS	WELLNES	BIKE	RING	AF	MURO	ALBERCA
06:00	BODY COMBAT						DANZA AEREA	
06:15				BIKE		CROSS TRAINING		
07:00	BAILE	BODY MIX					DANZA AEREA	CLINICA
07:15				BIKE		CROSS TRAINING		
08:00			WELLNESS					
09:00			PILATES					
10:00			WELLNESS					
11:00	ZUMBA							
14:15		BODY PUMP		BIKE	BOX	CROSS TRAINING	DANZA AEREA	CLINICA
17:00		PILATES						
18:00		LIFT TRAINING	YOGA KUNDALINI		BOX			
19:00	ZUMBA	BODY PUMP		BIKE	BOX	CROSS TRAINING	ESCALADA/ DANZA AEREA	CLINICA
19:30			YOGA KUNDALINI					
20:00	BODY COMBAT	SALSA ON1		BIKE	BOX	CROSS TRAINING	ESCALADA/ DANZA AEREA	CLINICA
21:00							DANZA AEREA	

MIÉRCOLES 12 DE ABRIL

HORARIO	PERFORMANCE	FITNESS	WELLNES	BIKE	RING	AF	ALBERCA
06:00		BODY PUMP	YOGA VINYASA		BOX		CLINICA
06:15				BIKE		CROSS TRAINING	
07:00	BODY COMBAT	BAILE	PILATES		BOX		CLINICA
07:15				BIKE		CROSS TRAINING	
08:00							CLINICA
09:00			CORE				
10:00		ZUMBA					
11:00		CORE					
12:00							AQUAEROBICS
14:15			PILATES	BIKE		CROSS TRAINING	CLINICA
17:00	BAILE						
18:00	BAILE	STEP					
19:00	STEP	BODY PUMP		BIKE		CROSS TRAINING	CLINICA
20:00	BODY COMBAT	BAILE	PILATES	BIKE		CX WORKS	CLINICA
21:00	BODY COMBAT	CX WORKS					CLINICA

JUEVES 13 DE ABRIL

HORARIO	PERFORMANCE	BIKE	RING	AF	ALBERCA
06:00	BODY COMBAT	BIKE	BOX	WORK OUT RECOVER	CLINICA
07:00	CX WORKS		BOX	WORK OUT RECOVER	CLINICA
08:00					CLINICA
14:15	BODY COMBAT			CROSS TRAINING	CLINICA

VIERNES 14 DE ABRIL

HORARIO	PERFORMANCE	FITNESS	WELLNES	MURO	ALBERCA
07:00					CLINICA
08:00					CLINICA
09:00	BODY COMBAT	ZUMBA			
10:00	PILATES	BODY PUMP			
11:00	ZUMBA		YOGA RESTAURATIVA		
12:00				DANZA AEREA	

SABADO 15 DE ABRIL

HORARIO	PERFORMANCE	BIKE	RING	AF	ALBERCA
06:00	BODY COMBAT	BIKE	BOX	WORK OUT RECOVER	CLINICA
07:00	CX WORKS		BOX	WORK OUT RECOVER	CLINICA
08:00					CLINICA
14:15	BODY COMBAT			CROSS TRAINING	CLINICA

DOMINGO 16 DE ABRIL

HORARIO	PERFORMANCE	FITNESS	WELLNES	MURO	ALBERCA
07:00					CLINICA
08:00					CLINICA
09:00	BODY COMBAT	ZUMBA			
10:00	PILATES	BODY PUMP			
11:00	ZUMBA		YOGA RESTAURATIVA		
12:00				DANZA AEREA	

NOTA: NO OLVIDES REVISAR TU REGLAMENTO DE CLASES

HORARIO DEL CLUB

L-J 5:30 a 23:00hrs.
 V 5:30 a 21:00hrs.
 S, D y días festivos 7:00 a 17:00hrs.

HORARIO DE ALBERCA

L-J 5:30 a 22:30hrs.
 V 5:30 a 20:30hrs.
 S, D y días festivos 7:00 a 16:30hrs.

TEL:/FAX 1000 - 2720

Dudas, comentarios y/o sugerencias escribir a:

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