

Lunes a Viernes 7:00 a 22:30
 Sábados 9:00 a 14:00
 Domingos y festivos 10:00 a 14:00

TONIFICACION		
CARDIOVASCULAR		
CUERPO-MENTE		

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
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8:00 h.		SUPERFIT 45'				
9:00 h.	STRETCH/ABD	G.A.P	ABD	ABD	G.A.P.	
9:30 h.	SUPERFIT	PILATES	CARDIO-CIRCUIT	FITNESS	DANCE	10:00-10:45 FITNESS
10:30 h.	DANCE FUSION	FITNESS	STRETCH-CORE	PILATES	SUPERFIT	10:45 – 11:30 DANCE
11:30 h.	YOGA		POSTURE-STRETCH	HIPOPRESIVOS 30'	YOGA	11:30 – 13:00 POWER STRETCH & CORE
13:00 h.	MEDITACION 30'					

13:30 h.		CIRCUITO 30'	FITNESS 45'	CIRCUITO 30'	
14:00h	GLOBAL TRAINING	G.A.P. 45'	13:30- 14:15	FITNESS 45'	CARDIOFIT
	14:00-15:00	14:15-15:00	DANCE FUSION 45'	14:15 – 15:00	15:00 – 16:00
			14:15-15:00		

18:00 h.		PILATES		GLOBAL TRAINING 45'	PILATES
18:30h.	TOTAL TRAINING	18:00 – 19:00	FITNESS	18:00 – 18:45	18:00 – 19:00
	18:30 – 19:30		18:30 – 19:30		
19:00 h.	HIPOPRESIVOS	HIPOPRESIVOS 30'		DANCE FUSION 45'	GLOBAL TRAINING
		DANCE FUSION 45'		18:45 – 19:30	19:00 – 20:00
19:30 h.	DANCE FUSION	19:00 – 19:45	DANCE	YOGILATES	
	19:30 – 20:30	GLOBAL TRAINING 45'	19:30 – 20:30	19:30 – 20:30	
		19:45 – 20:30		YOGA	
20:30 h.	FITNESS	YOGA		20:30-21:30	
	20:30 – 21:30	20:30 – 21:30			

Se ruega puntualidad en las clases . Gracias

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