

HORARIOS CLASES



2024

	LUNES				MARTES				MIERCOLES				JUEVES				VIERNES				SÁBADO		
	SALA 1	SALA 2	SALA 3	SALA 4	SALA 1	SALA 2	SALA 3	SALA 4	SALA 1	SALA 2	SALA 3	SALA 4	SALA 1	SALA 2	SALA 3	SALA 4	SALA 1	SALA 2	SALA 3	SALA 4	SALA		
7:30	HBX BOXING				FUNCIONAL				GRIT				BODY PUMP				SPINNING						
9:15	BODY PUMP		PILATES	GAP	HBX BOXING		PILATES	CROSS HIIT	ZUMBA			PILATES	STEP	SPINNING TRX		PILATES	FUNCIONAL	BODY PUMP		ESTIRA			
10:15	ZUMBA	PILATES	FUNCIONAL		SPINNING	BODY PUMP		PILATES	SPINNING	HBX BOXING	PILATES			BODY PUMP		PILATES	CROSS HIIT		BODY PUMP		ESTIRA	FUNCIONAL 10:30	
11:15	TRX		YOGA		ZUMBA				YOGA				PILATES								SPINNING 11:30		
15:15	TRX		YOGA																				
16:00	HBX BOXING		CROSS HIIT		BODY PUMP		BOXEO		ZUMBA		CROSS HIIT		BODY PUMP		BOXEO		ZUMBA						
17:00	ZUMBA	PILATES	CROSS HIIT		TRX				PILATES	FUNCIONAL	BODY PUMP		PILATES	CROSS HIIT		BODY PUMP		PILATES	FUNCIONAL	SPINNING		RITMICA	RITMICA
18:00	SPINNING	GRIT	PILATES	CROSS HIIT	SPINNING	HBX BOXING	PILATES	BOXEO	SPINNING	BODY PUMP	PILATES	CROSS HIIT	SPINNING	HBX BOXING	PILATES	BOXEO	SPINNING		RITMICA		RITMICA		
19:00	HBX BOXING	PILATES	YOGA		ZUMBA		GAP ESTIRA	BOXEO	SPINNING		CALISTENIA	ESTIRA	YOGA	BODY PUMP		GAP ESTIRA	BOXEO	CALISTENIA		CROSS HIIT			
20:00	SPINNING 20:10	BODY PUMP	PILATES	CROSS HIIT	SPINNING	BODY PUMP	PILATES 19:45	BOXEO	BAILE ACTIVO		PILATES	CROSS HIIT	SPINNING	GRIT	PILATES 19:45	BOXEO	BAILE ACTIVO		CROSS HIIT				
21:10	BAILE ACTIVO		STEP		HBX BOXING		PILATES 20:45	KRAV MAGA	BODY PUMP		STEP				PILATES 20:45		KRAV MAGA						