

HORARIO CLASES COLECTIVAS

AÑO 2023



GYM PEDRO J VILLA FITNESS CLUB

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|--|--------------------------------------|--|--------------------------------------|---|
| 07:00 | SPINNING VIRTUAL FUNCIONAL TRAINING | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL FUNCIONAL TRAINING | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL FUNCIONAL TRAINING |
| 8:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 09:15 | SPINNING VIRTUAL | FUNCIONAL TRAINING | SPINNING VIRTUAL | FUNCIONAL TRAINING | SPINNING VIRTUAL |
| 09:30 | FUNCIONAL TRAINING | BODY PUMP | ZUMBA | STEP | BODY PUMP |
| 10:30 | ZUMBA | PILATES | FUNCIONAL TRAINING | PILATES | FIT DANCE/ STRECHING |
| 11:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 12:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 14:00 | BODY PUMP | FUNCIONAL TRAINING | GAP | FUNCIONAL TRAINING | SPINNING VIRTUAL |
| 16:00 | SPINNING VIRTUAL | EXTRAESCOLARES | SPINNING VIRTUAL | EXTRAESCOLARES | SPINNING VIRTUAL |
| 17:00 | SPINNING VIRTUAL | EXTRAESCOLARES | SPINNING VIRTUAL | EXTRAESCOLARES | SPINNING VIRTUAL |
| 17:30 | FUNCIONAL CHILD PILATES | FULL BODY | FUNCIONAL CHILD PILATES | FIT DANCE | FUNCIONAL CHILD YOGA |
| 18:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 18:30 | FUNCIONAL TRAINING FIT DANCE | FUNCIONAL TRAINING PILATES | FUNCIONAL TRAINING FULL BODY | FUNCIONAL TRAINING ABD/STRECHING | FUNCIONAL TRAINING ZUMBA |
| 19:00 | SPINNING | SPINNING VIRTUAL | SPINNING | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 19:30 | FUNCIONAL TRAINING BODY PUMP | FUNCIONAL TRAINING FIT DANCE | FUNCIONAL TRAINING FIT DANCE | FUNCIONAL TRAINING BODY PUMP | FUNCIONAL TRAINING FULL BODY SPINNING |
| 20:00 | SPINNING | SPINNING VIRTUAL | SPINNING | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 20:30 | FUNCIONAL TRAINING YOGA | FUNCIONAL TRAINING MMA | FUNCIONAL TRAINING YOGA | FUNCIONAL TRAINING MMA | SALSA Y BACHATA |

20:30
FINALBUDO MMA
JUEVES MARTES
FINALBUDO MMA

VIERNES



20:30 A 22:30
SALSA
BACHATA



*USO OBLIGATORIO DE TOALLA, GUANTES Y AGUA O BEBIDA ISOTÓNICA *PROHIBIDO USAR LAS SALAS COLECTIVAS EN HORARIO DE CLASE

TODAS LAS CUOTAS SON PERSONALES E INTRANSFERIBLES
NUESTRAS INSTALACIONES DEPORTIVAS PERMANECEN ABIERTAS TODO EL AÑO, NO SE PARALIZAN LAS CUOTAS NI POR VACACIONES NI MOTIVOS NO JUSTIFICADOS, SOLAMENTE ACCIDENTES CON JUSTIFICANTE MEDICO

LUNES A JUEVES VIERNES SÁBADO DOMINGO
06:00H A 23:00 06:00H A 22:30 09:00H A 14:30H/CIERRE/17:30H A 20:00H 09:00H A 14:00H