

HORARIO CLASES COLECTIVAS

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|-------|---|---|---|---|--------------------------------------|
| 07:00 | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL SPINNING VIRTUAL | SPINNING VIRTUAL SPINNING VIRTUAL |
| 8:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 09:30 | FUNCIONAL TRAINING FULL BODY | FUNCIONAL TRAINING FIT DANCE | FUNCIONAL TRAINING FULL BODY | FUNCIONAL TRAINING BODY PUMP | FUNCIONAL TRAINING BODY PUMP |
| 10:30 | FIT DANCE | PILATES | FIT DANCE | PILATES | FIT DANCE |
| 12:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 14:00 | BODY PUMP | FUNCIONAL TRAINING | BODY PUMP | FUNCIONAL TRAINING | SPINNING VIRTUAL |
| 15:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 16:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 17:30 | PILATES FUNCTIONAL KIDS | PILATES SPINNING VIRTUAL | FULL BODY FUNCTIONAL KIDS | FIT DANCE SPINNING VIRTUAL | YOGA FUNCTIONAL KIDS |
| 18:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 18:30 | FUNCIONAL TRAINING FIT DANCE | FUNCIONAL TRAINING BODY PUMP | FUNCIONAL TRAINING PILATES | FUNCIONAL TRAINING ABD/STRECHING | FUNCIONAL TRAINING FIT DANCE |
| 19:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 19:30 | FUNCIONAL TRAINING SPINNING BODY PUMP | FUNCIONAL TRAINING SPINNING FIT DANCE | FUNCIONAL TRAINING SPINNING FIT DANCE | FUNCIONAL TRAINING SPINNING BODY PUMP | FULL BODY |
| 20:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL |
| 20:30 | FUNCIONAL TRAINING YOGA | MMA SPINNING VIRTUAL | FUNCIONAL TRAINING YOGA | MMA SPINNING VIRTUAL | SPINNING VIRTUAL |

*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 MÉDICO



JUEVES MARTES

20:30

FINALBUDO
MMA

FINALBUDO
MMA



FUNCTIONAL
TRAINING



LUNES A JUEVES
06:00H A 23:00

VIERNES
06:00H A 22:30

DOMINGO
09:00H A 14:00H