

CLASES COLECTIVAS JULIO 2022

PISCINA		CUERPO Y MENTE		CICLO		TONIFICACIÓN		BAILE		OUTDOOR	
HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES		
9,30	60´ PILATES *	9,30	60´ BODY FIT ***	9,30	60´ PILATES *	9,30	60´ AUTOCARGAS ***	9,30	60´ BODY FIT ***		
9,30	45´ CICLO ***	10,15	15´ FITNESS **	10,15	15´ FITNESS **	14,30	30´ BODY FIT ***	14,30	30´ CICLO ***	14,30	30´ BODY FIT ***
10,15	15´ FITNESS **	15,15	15´ ABD **	15,15	15´ STRETCHING *	15,15	15´ ABD **	15,15	15´ STRETCHING *	15,15	15´ ABD **
14,30	30´ BODY FIT ***	17,15	60´ PILATES *	17,15	60´ PILATES *	17,15	60´ PILATES *	17,15	60´ PILATES *		
15,15	15´ ABD **	18,15	45´ BODY FIT ***	18,15	45´ BODY FIT ***	18,15	45´ BODY FIT ***	18,15	45´ BODY FIT ***		
17,15	60´ PILATES *	18,30	45´ BODY FIT ***	18,30	45´ BODY FIT ***	18,30	45´ BODY FIT ***	18,30	45´ BODY FIT ***		
18,15	45´ BODY FIT ***	19,00	60´ ZUMBA POWER **	19,00	60´ ZUMBA POWER **	19,00	60´ ZUMBA POWER **	19,00	60´ ZUMBA POWER **		
19,00	60´ ZUMBA POWER **	19,15	45´ AQUA SALUD *	19,15	45´ AQUA SALUD *	19,15	45´ AQUA SALUD *	19,15	45´ AQUA SALUD *		
19,30	45´ AQUA GYM *	19,30	45´ CICLO ***	19,30	45´ CICLO ***	19,30	45´ CICLO ***	19,30	45´ CICLO ***		
19,30	15´ ABD **	19,30	60´ PILATES *	19,30	15´ ABD **	19,30	60´ PILATES *	19,30	60´ PILATES *		
20,00	60´ PILATES *	20,15	15´ ABD **	20,00	60´ PILATES *	20,15	15´ ABD **	20,15	15´ ABD **	20,00	15´ STRETCHING *
		20,15	45´ AQUA GYM *	20,15	45´ AQUA GYM *	20,15	45´ AQUA GYM *	20,15	45´ AQUA GYM *	20,30	15´ ABD **
21,00	45´ C. CORREDOR ***	21,00	15´ STRETCHING *	21,00	45´ C. CORREDOR ***	21,00	15´ STRETCHING *	21,00	15´ STRETCHING *		

CLASES COLECTIVAS SALA FITNESS JULIO 2022

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES
15,15	15´ ABD	15,15	15´ STRECHING	15,15	15´ ABD	15,15	15´ STRECHING	15,15	15´ ABD
19,30	15´ ABD	20,15	15´ ABD	19,30	15´ ABD	20,15	15´ ABD	20,00	15´ STRECHING
21,00	45´ CLUB CORREDOR	21,00	15´ STRECHING	21,00	45´ CLUB CORREDOR	21,00	15´ STRECHING	20,30	15´ ABD

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