

CLASES COLECTIVAS JULIO 2024

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' PILATES *						
9,30	45' CICLO ***	9,30	60' BODY FIT ***	9,30	45' CICLO ***	9,30	60' CARDIO ***	9,30	60' BODY FIT ***		
14,30	30' BODY FIT ***	14,30	30' BURN ***	14,30	30' BODY FIT ***	14,30	30' BURN ***				
15,00	15' ABD **	15,00	15' STRETCHING *	15,00	15' ABD **	15,00	15' STRETCHING *	15,15	15' ABD **		
17,15	30' CORE **	17,15	30' BURN ***	17,15	30' CORE **	17,15	30' BURN ***	16,15	15' ABD **		
18,15	45' BODY FIT ***	18,30	45' BODY FIT ***	18,15	45' BODY FIT ***	18,30	45' BODY FIT ***				
		19,15	45' AQUA SALUD *	19,00		19,15	45' AQUA SALUD *				
19,30	45' AQUA GYM *	19,15	15' ABD **	19,30	45' AQUA GYM *	19,15	15' ABD **				
19,25	20' BODY FIT ***	19,30	45' CICLO ***	19,30	15' ABD **	19,30	45' CICLO ***	19,30	30' BURN ***		
20,00	60' PILATES *	19,25	60' PILATES *	20,00	60' PILATES *	19,25	60' PILATES *	20,00	15' STRETCHING *		
20,15	15' ABD **	20,15	15' ABD **	20,15	15' ABD **	20,15	15' ABD **	20,30	15' ABD **		
		20,15	45' AQUA GYM *			20,15	45' AQUA GYM *				
21,00	45' C. CORREDOR ***	21,00	15' STRETCHING *	21,00	45' C. CORREDOR ***	21,00	15' STRETCHING *				

CLASES COLECTIVAS SALA FITNESS JULIO 2024

HORA	LUNES	HORA	MARTES	HORA	MIÉRCOLES	HORA	JUEVES	HORA	VIERNES
15,00	15' ABD	15,00	15' STRETCHING	15,00	15' ABD	15,00	15' STRETCHING	15,15	15' ABD
17,15	30' CORE	17,15	30' BURN	17,15	30' CORE	17,15	30' BURN	16,15	15' ABD
19,25	20' BODYFIT	19,15	15' ABD	19,30	15' ABD	19,15	15' ABD	19,30	30' BURN
20,15	15' ABD	20,15	15' ABD	20,15	15' ABD	20,15	15' ABD	20,00	15' STRETCHING
21,00	45' CLUB CORREDOR	21,00	15' STRETCHING	21,00	45' CLUB CORREDOR	21,00	15' STRETCHING	20,30	15' ABD