

HORARIO TURNO MAÑANA FITNESS GRUPAL SALA 1



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
06:15	BODYCOMBAT Carmen	BODYPUMP Carmen	BODYCOMBAT Carmen	BODYCOMBAT Wilson	BODYPUMP Carmen	
06:45	CXWORX Carmen				CXWORX Jessy	
07:00				CXWORX Mauricio		
07:15	BODYPUMP Mauricio	BODYCOMBAT Wilson	BODYPUMP Mauricio	BODYPUMP Mauricio	BODYCOMBAT Jessy	
08:15	ZUMBA Jimmy	ZUMBA TONNING Mayra	BODYCOMBAT Wilson	BODYCOMBAT Wilson	ZUMBA Jimmy	BODYCOMBAT Jessy
09:15						CXWORX Jessy
09:30	PILATES MAT MONICA		PILATES MAT MONICA		PILATES MAT MONICA	

HORARIO TURNO TARDE FITNESS GRUPAL SALA 1



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
17:15	BODYPUMP Mauricio	POWER JUMP Gimena	STEP Jaqueline	BODYPUMP Mauricio	STEP Gimena	
18:15	BODYCOMBAT Jessy	ZUMBA Eyko	STRONG BY ZUMBA Eyko	ZUMBA Christian	CXWORX Jessy	
18:45				CXWORX Jessy		
19:00	CXWORX Jessy					
19:15		BODYCOMBAT Jessy	POWER JUMP Gimena	BODYCOMBAT Wilson	BODYCOMBAT Wilson	
19:30	STEP Gimena					
20:15	ZUMBA Jaqueline	BODYPUMP Mauricio	BODYCOMBAT Jessy	POWER JUMP Gimena	ZUMBA Jimmy	
21:00			CXWORX Jessy	STEP Gimena		

CYCLO INDOOR RPM SALA 2



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
06:15	PROCYCLING MARIO	RPM Marlene	PROCYCLING Franz	RPM Marlene	RPM Marlene	
07:15	RPM Marlene	PROCYCLING Franz	RPM Marlene	PROCYCLING Franz	PROCYCLING Franz	
08:15						RPM Marlene
17:15	RPM María Elena	RPM María Elena	RPM María Elena	RPM María Elena	RPM María Elena	
18:15	PROCYCLING Mario	PROCYCLING Mario	PROCYCLING Mario	PROCYCLING Mario	RPM Marlene	
19:15	RPM Marlene	RPM FRANZ	RPM Marlene	PROCYCLING Mario	PROCYCLING Mario	
20:15	PROCYCLING Mario	RPM MARLENE	PROCYCLING Mario	RPM FRANZ	PROCYCLING Mario	

FITNESS GRUPAL SALA 3



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:15	HIIT José Luis		HIIT José Luis		HIIT José Luis	
18:15		CROSSFIT Javler		CROSSFIT Javler		
19:15	HIIT José Luis		HIIT José Luis		HIIT José Luis	

PILATES REFORMER YOGA SALA 4



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
19:15	PILATES REFORMER MONICA		PILATES REFORMER MONICA		PILATES REFORMER MONICA	
20:15	YOGA EUGENIA		YOGA EUGENIA		YOGA EUGENIA	

FITNESS GRUPAL SALA 5



08:15	AQUAFIT Mario	AQUAFIT Mario	AQUAFIT Mario	AQUAFIT Mario	AQUAFIT Mario	
19:15	AQUAFIT Layli	AQUAFIT Mónica	AQUAFIT Layli	AQUAFIT Mónica	AQUAFIT Layli	



