

### CLASES GRUPALES

HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
09:30		BUNGEE /Rocío (8)		BUNGEE/Rocío	
		STRETCHING/Sol (10)		STRETCHING/Sol	
15:30	BODY TOTAL /Santi (10)	ZUMBA/Santi (10)	BODY TOTAL/Santi	ZUMBA/Santi	BODY TOTAL/Santi
16:30	BUNGEE/Santi	FUNCIONAL/Braian (10)	BUNGEE/Santi	FUNCIONAL/Braian	BUNGEE/Santi
17:30	TALLER HIIT – ABS/ Rocío	TALLER TTSS – GLUTEOS/Melany (10)		TALLER TTSS – GLUTEOS/Melany	
		PILATES/Mica (6)		PILATES/Mica	
18:30	ZUMBA/Santi	FUNCIONAL/Laucha	ZUMBA/Santi	FUNCIONAL/Laucha	ZUMBA/Santi
		YOGA/Lore (10)		YOGA/Lore	
		PILATES/Mica		PILATES/Mica	
19:30	FUNCIONAL/Laucha	BODY TOTAL/Santi	FUNCIONAL/Laucha	BODY TOTAL/Santi	FUNCIONAL/Laucha
	BUNGEE/Rocío	CROSS/Laucha (10)	BUNGEE/Rocío	CROSS/Laucha	
		PILATES/Mica		PILATES/Mica	

MUSCULACION (20)	CARDIO (20)
<b>de lunes a viernes</b>	
7 a 7:45	7 a 7:30
8 a 8:45	7:45 a 8:30
9 a 9:45	8:45 a 9:30
	9:45 a 10:30
15 a 15:45	15 a 15:30
16 a 16:45	15:45 a 16:30
17 a 17:45	16:45 a 17:30
18 a 18:45	17:45 a 18:30
19 a 19:45	18:45 a 19:30
20 a 20:45	19:45 a 20:30
	20:45 a 21
<b>Sábados</b>	
9 a 9:45	9 a 9:30
10 a 10:45	9:45 a 10:30
	10:45 a 11:30

AGOSTO 2020.-

