

LUNES					MARTES					MIERCOLES					JUEVES					VIERNES				SABADO
HORA	SALA1	SALA2	SALA3	SALA4	HORA	SALA1	SALA2	SALA3	SALA4	HORA	SALA1	SALA2	SALA3	SALA4	HORA	SALA1	SALA2	SALA3	SALA4	HORA	SALA1	SALA2	SALA4	SALA
7:30					7:30		HBX Boxing			7:30		TRX			7:30					7:30				
9:15				GAP	9:15		HBX Boxing			9:15		TRX		CrossHiit	9:15		ZUMBA			9:15		HBX Boxing		
10:15		ZUMBA			10:15				CrossHiit	10:15		HBX Boxing			10:15				CrossHiit	10:15				FUNCIONAL 10:30
11:15					11:15		ZUMBA			11:15					11:15		HBX Boxing			11:15				 11:30
15:20					15:20		HBX Boxing			15:20					15:20		HBX Boxing			15:20				
16:00		HBX Boxing		CrossHiit 16:00	16:00				CrossHiit	16:00		ZUMBA		CrossHiit 16:00	16:00		TRX		CrossHiit	16:00		ZUMBA		
17:00				CrossHiit 16:40 CrossHiit 17:20	17:00		TRX			17:00				CrossHiit 16:40 CrossHiit 17:20	17:00					17:00				
18:00		HBX Boxing		Baile Urbano	18:00		HBX Boxing			18:00				CrossHiit 18:00 CrossHiit 18:40 CrossHiit 19:00	18:00		HBX Boxing			18:00				Baile Urbano
19:00		TRX			19:00		ZUMBA	GAP ESTIRA		19:00		HBX Boxing			19:00			GAP ESTIRA		19:00			CrossHiit	
20:00	 20:10	HBX Boxing		CrossHiit 20:00	20:00	 20:10				20:00	 20:10			CrossHiit 20:00	20:00	 20:10	HBX Boxing			20:00				
20:30				CrossHiit 20:40	20:30					20:30				CrossHiit 20:40	20:30					20:30				
21:10				CrossHiit 21:20	21:10		HBX Boxing			21:10				CrossHiit 21:20	21:10		TRX			21:20		HBX Boxing		

SPINNING



STEP



ENERGY PUMP



PILATES



BODY TRIMMER



RITMICA



TAICHI



BOXEO



|