



Horarios Clases Colectivas

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:10 - 8:00	CICLO	POWER PULL	FUNCTIONAL TR.	POWER PUSH	CICLO		
9:15 - 10:05			PILATES				
9:30 - 10:20		POWER PULL		CICLO	POWER PUSH		
10:30 - 11:20	POWER PULL	CICLO	POWER PUSH			PILATES	FUNCTIONAL TR.
11:30 - 12:20						CICLO	CORE TRAINING 20'
						ZUMBA	
14:30 - 15:20	CICLO		POWER PULL	FUNCTIONAL TR.	POWER PUSH		
15:30 - 15:50	CORE TRAINING 20'		CICLO VIRTUAL 20'				
18:00 - 18:50	POWER PULL	PILATES			FUNCTIONAL TR.		
18:30 - 19:20	PILATES		YOGA	CICLO			
19:00 - 19:50	FUNCTIONAL TR.	POWER PULL	CICLO	POWER PUSH	CORE TRAINING 20'		
		CICLO		ZUMBA			
		ZUMBA					
19:30 - 20:20	YOGA		PILATES				
20:00 - 20:50	CICLO	FUNCTIONAL TR.	POWER PUSH	PILATES			