



## Clases Colectivas 2022-2023



HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
9:30	AEROZUMBA (SALA 4)	POWER BODY (SALA 4)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)
10:30	GAP (SALA 4)	ABDOMINALES 30' (SALA 4)	GAP (SALA 4)	POWER BODY (SALA 4)	MEJORA FÍSICA (SALA 4)	FUNCIONAL TRAINING (SALA 4)

17:30		POWER-BODY (SALA 4)		ABDOMINALES 30' (SALA 4)		
17:30	GAP (SALA 4)	PRE-YOGA (SALA 6)	FITBALL (SALA 4)	PRE-PILATES (SALA 6)		
17:45					FUNCIONAL TRAINING (SALA 4)	
18:30	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)		
18:30	AEROBOSU (SALA 4)	AEROZUMBA (SALA 4)	GAP (SALA 4)	POWER-BODY (SALA 4)		
18:45					CICLO INDOOR (SALA 1)	
18:45					AEROZUMBA (SALA 4)	
19:30	POWER-BODY (SALA 4)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)	CICLO INDOOR (SALA 1)		
19:30	INTENSITY (EXTERIOR)	ABDOMINALES 30' (SALA 4)	FUNCIONAL TRAINING (SALA 4)	INTENSITY (EXTERIOR)		
19:45					GAP (SALA 4)	
20:30	CICLO INDOOR (SALA 1)	FUNCIONAL TRAINING 20:15 (SALA 4)	POWER BODY (SALA 4)	FUNCIONAL TRAINING (SALA 4)		



CICLO INDOOR



TONIFICACIÓN



CUERPO Y MENTE



BAILE



ENTRENAMIENTO GLOBAL