



# Clases Grupales

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HORARIO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
07:45	SOUL TRAINING		SOUL TRAINING			
08:00	YOGA	FUNCIONAL TRAINING	YOGA	FUNCIONAL TRAINING	INSANITY	
08:45	ABDOMINALES		ABDOMINALES			
09:00	FUNCIONAL TRAINING		FUNCIONAL TRAINING		FUNCIONAL TRAINING	
10:30						FUNCIONAL TRAINING
11:30						ZUMBA
13:00	CYCLE			CYCLE		
13:30	LOCAL TRAINING		LOCAL TRAINING		LOCAL TRAINING	
14:00		FUNCIONAL TRAINING		FUNCIONAL TRAINING		
16:00		GO FIT		GO FIT		
		FUNCIONAL TRAINING		FUNCIONAL TRAINING		
	CROSS CONDITION		CROSS CONDITION		CROSS CONDITION	
17:30	FUNCIONAL TRAINING	YOGA	FUNCIONAL TRAINING	YOGA	FUNCIONAL TRAINING	
18:30	FIT MAX	ZUMBA	FIT MAX	ZUMBA	ZUMBA	
	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
19:00	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
		CALISTENIA		CALISTENIA		
19:30	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	
	DEEP WORK	STRONG BY ZUMBA	DEEP WORK	STRONG BY ZUMBA	DEEP WORK	
	RUNNING		RUNNING		RUNNING	
20:00	BOXEO FIT		BOXEO FIT		BOXEO FIT	
20:30	FUNCIONAL TRAINING	FUNCIONAL TRAINING	ZUMBA	FUNCIONAL TRAINING		