



Horarios intersemestrales del Gym

Diciembre 2018 - Enero 2019

TALLER / CLASE GRUPAL	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
SPINNING		6:15 p.m. a 7:15 p.m.	6:15 p.m. a 7:15 p.m.			10:15 a.m. a 12:15 m.
RUMBA AERÓBICA	7:15 p.m. a 8:15 p.m.		6:15 p.m. a 7:15 p.m.	6:15 p.m. a 7:15 p.m.		
ENTRENAMIENTO FUNCIONAL	6:15 p.m. a 8:15 p.m.	6:15 p.m. a 8:15 p.m.		6:15 p.m. a 8:15 p.m.	6:15 p.m. a 8:15 p.m.	10:15 a.m. a 12:15 m.
PILATES	6:15 p.m. a 7:15 p.m.		7:15 p.m. a 8:15 p.m.	7:15 p.m. a 8:15 p.m.		
ZUMBA					6:15 p.m. a 7:15 p.m.	10:15 a.m. a 11:15 a.m.
DANZICA						11:15 a.m. a 12:15 m.
STRETCHING			7:15 p.m. a 8:15 p.m.			
POWER CORE XT			7:15 p.m. a 8:15 p.m.			
STEP					7:15 p.m. a 8:15 p.m.	
TROPICAL JUMP			6:15 p.m. a 7:15 p.m.			
FULL RING		7:15 p.m. a 8:15 p.m.				
MÁQUINAS Y PESAS	DE LUNES A VIERNES DE 6:00 a.m. a 9:30 p.m.					7:00 a.m. a 4:30 p.m.

