



Clases Grupales

**Sede Calle 122
Horario 2018**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	RIP 60 (VICTOR)	SUPER COLA (VICTOR)	STEP (ARNOLD)	CIRCUITO (CARLOS)			
7:00 a.m.	CIRCUITO (EDWARD)	RUMBA (POPE)	CROSS TRAINING (ARNOLD)	CORE (CARLOS)	FIT COMBAT (EDWARD)		
7:00 a.m.	HIIT (OMAR)	HIIT (RAFAEL)	HIIT (OMAR)	HIIT (OMAR)	HIIT (ARNOLD)		
7:30 a.m.	HIIT (OMAR)	HIIT (RAFAEL)	HIIT (OMAR)	HIIT (OMAR)	HIIT (ARNOLD)		
8:00 a.m.	STRECHING (JESUS)	FUNCIONAL (JESUS)	RUMBA FOR ALL (DAIHANNA)	RIP 60 (WALTER)	TONO (WALTER)		
9:00 a.m.		PILATES (EDWARD)	PILATES (ARNOLD)		RUMBA FOR ALL (PERIÑAN)	BOOT CAMP (WALTER)	PILATES (ARNOLD)
10:00 a.m.						RUMBA FOR ALL (DAVID)	
11:00 a.m.						SUPER ABS (DAVID)	
12:00 p.m.							
1:00 p.m.	INDUCCIÓN FIT (PLANTA EDWARD)	INDUCCIÓN FIT (PLANTA CARLOS)	INDUCCIÓN FIT (PLANTA EDWARD)	INDUCCIÓN FIT (PLANTA CARLOS)			
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	SUPER ABS (WALTER)	SUPER COLA (DAIHANNA)	RUMBA FOR ALL (PERIÑAN)				
6:00 p.m.	CIRCUITO (DAIHANNA)	FIT COMBAT (EDWARD)	YOGA (LUI)	SUPER ABS (DAIHANNA)			
7:00 p.m.	HIIT (CLAUDIA)	HIIT (EDWARD)	HIIT (CLAUDIA)	HIIT (EDWARD)	HIIT (CLAUDIA)		
7:30 p.m.	HIIT (CLAUDIA)	HIIT (EDWARD)	HIIT (CLAUDIA)	HIIT (EDWARD)	HIIT (CLAUDIA)		
7:00 p.m.	RUMBA FOR ALL (PERIÑAN)	TONO (DAIHANNA)	FIT COMBAT (LUI)	RIP 60 (WALTER)			
8:00 p.m.	RIP 60 (EDWARD)	RUMBA FOR ALL (PERIÑAN)	RUMBA FOR ALL (JHARI)	RUMBA FOR ALL (POPE)			