



Clases Grupales

**Sede Calle 94
Horario 2018**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	TONO (WILLY)	SUPER ABS (JHON)		CIRCUITO FUNCIONAL (JUAN DAVID)	TONO (JAVIER)		
7:00 a.m.	CIRCUITO FUNCIONAL (WILLY)	PILATES (ARNOLD)	YOGA (DANIEL)	SUPER ABS (JUAN DAVID)	FIT BALL (JUAN DAVID)		
8:00 a.m.	PILATES (FREDY)		CIRCUITO FUNCIONAL (WILLY)	RIP 60 (JHON)	STRECHING (JHON)	SUPER COLA (ARNOLD)	
8:30 a.m.		RUMBA FOR ALL (FERNANDO)					
9:00 a.m.						STEP (ARNOLD)	
10:00 a.m.							RUMBA FOR ALL (POPE)
11:00 a.m.						RUMBA FOR ALL (JHARY)	
12:00 p.m.	RIP 60 (CESAR)		CIRCUITO FUNCIONAL (CESAR)		RIP 60 (CESAR)		
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	TONO (JAVIER)	SUPER ABDOMEN (JAVIER)	INSANITY (DANIEL)	SUPER ABS (JAVIER)	CIRCUITO FUNCIONAL (FREDY)		
6:00 p.m.	RUMBA FOR ALL (POPE)	FIT COMBAT (LUI)	PUMP FIT (JUAN DAVID)	RUMBA FOR ALL (PERIÑAN)	RIP 60 (JHON)		
7:00 p.m.	CIRCUIT TRAINING (ARNOLD)	YOGA (LUI)	RUMBA FOR ALL (FERNANDO)	COMBAT (ALFREDO)			
8:00 p.m.	STRECHING (ARNOLD)	CROSS TRAINING (DANIEL)	TONO (DANIEL)	SUPER COLA (WILLY)			