



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	STRECHING (JHONATHAN)	SUPER COLA (LINDERMANG)	CIRCUITO FUNCIONAL (VANESSA)	CROSS TRAINING (JUAN)	PILATES (JUAN)		
7:00 a.m.	SUPER COLA (JHONATHAN)	RUMBA FOR ALL (JHARY)	FIT COMBAT (JESUS)	RUMBA FOR ALL (POPE)	SUPER ABS (STICK)		
8:00 a.m.		TONO (LINDERMANG)	FIT BALL (VANESSA)				
8:30 a.m.							
9:00 a.m.						CIRCUITO FUNCIONAL (JHONATHAN)	CALISTENIA (JUAN)
10:00 a.m.						RUMBA FOR ALL (POPE)	BOOT CAMP (JUAN)
11:00 a.m.							PILATES (JUAN)
11:30 a.m.						STRECHING (JHONATHAN)	
12:00 p.m.							
12:30 p.m.							
1:00 p.m.	INDUCCIÓN FIT (JHON)	INDUCCIÓN FIT (MARIO)	INDUCCIÓN FIT (JHON)	INDUCCIÓN FIT (MARIO)			
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	MILITAR (JESUS)	CROSS TRAINING (JESUS)	TONO (LINDERMANG)	INSANITY (STICK)			
6:00 p.m.	FIT PUMP (STICK)	FIT BALL (JESUS)	SUPER ABS (JESUS)	SUPER COLA (LINDERMANG)	KICK BOXING (VANESSA)		
7:00 p.m.	RUMBA FOR ALL (JHARY)	FIT COMBAT (JESUS)	ZUMBA FOR ALL (JEISSON)	YOGA (VALENTI)	YOGA (VANESSA)		
8:00 p.m.	CIRCUITO FUNCIONAL (LINDERMANG)	PILATES (STICK)	STRECHING (JESUS)	CIRCUITO FUNCIONAL (STICK)			