



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	TONO (DANIEL)	SUPER ABDOMEN (JHON)	COMBAT (LUI)	CIRCUITO (JUAN DAVID)	TONO (JAVIER)		
7:00 a.m.	CIRCUITO FUNCIONAL (DEISY)	PILATES (ARNOLD)	YOGA (DANIEL)	SUPER ABDOMEN (JUAN DAVID)	FITBALL (JUAN DAVID)	KANGOO JUMPS* (ARNOLD)	
8:00 a.m.	PILATES (FREDY)		FUNCIONAL (DEISY)	CROSS TRAINING (DEISY)	RIP 60 (JHON)	SUPER COLA (ARNOLD)	
8:30 a.m.		RUMBA (FHER)					
9:00 a.m.						STEP (ARNOLD)	
10:00 a.m.		KANGOO JUMPS* (ARNOLD)		KANGOO JUMPS* (ARNOLD)		RUMBA (JHARY)	INSANITY (CESAR)
11:00 a.m.							
12:00 p.m.	CIRCUITO (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 (MARIA)	SUPER ABDOMEN (JAVIER)	INSANITY (DANIEL)	SUPER ABDOMEN (JAVIER)			
5:30 p.m.					CIRCUITO (FREDY)		
6:00 p.m.	RUMBA (POPE)	COMBAT (LUI)	PUMP IT (JUAN DAVID)	COMBAT (EDUARDO)			
6:30 p.m.					DRILL (CRISTIAN)		
7:00 p.m.	CIRCUIT TRAINING (ARNOLD)	YOGA (LUI)	RUMBA (FHER)	RIP 60 (MARIA)			
8:00 p.m.	STRETCHING (ARNOLD)	CROSS TRAINING (DANIEL)	TONO (JAVIER)	SUPER COLA (DEISY)			