HORARIO GRUPALES
SEDE HAYUELOS

CLASES GRUPALES | INDOOR CYCLING | HIIT TRAINING

	L	M	M	J	V	S	D
06:30 A.M.							
07:00 A.M.	Intervalos Jota Step Freddy	Power Cycling Cristian	Ruta Hiit Sergio Rumba Giovanny	Quema Grasa Felipe	Training Bike Pamela Funcional Ana		
08:00 A.M.	Stretching Freddy	Full Body Cristian	Funcional Sergio	Aeróbicos Felipe	Yoga Ana		
9:00 A.M.		Pilates Cristian		Anti-flex Javier		Training Bike Pamela	Pilates Ana
10:00 A.M.						Rumba Giovanny	Montaña Javier
11:00 A.M.						Yoga Cesar	
6:00 P.M.	Zumba Jorge	Funcional Diana	5:30 P.M. Q. Grasa Camilo 6:30 P.M. Combat Camilo	Yoga Victor	Rumba Shelly		
7:00 P.M.	Quema Grasa Jorge Yoga Cesar	Training Bike Diana Pilates Ana	Rumba Shelly	Training Bike Pamela Funcional Hiit Javier	Combat Javier		
8:00 P.M.							

fitforall
entrena mente, cuerpo y alma