



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.							
6:30 a.m.							
7:00 a.m.	CIRCUITO (ALEXIS)	RUMBA (POPE)	CROSS TRAINING (ARNOLD)	CORE (ALEXIS)	BOOT CAMP (LEANDRO)		
7:30 a.m.							
8:00 a.m.	SUPER GLÚTEO (JESUS)	FUNCIONAL (JESUS)	RIP 60 (JESUS)	RIP 60 (WALTER)	TONO (WALTER)		
8:30 a.m.							PILATES (ARNOLD)
9:00 a.m.		PILATES (ALEXIS)	PILATES (ARNOLD)	FIT COMBAT (LEANDRO)	DÁNZATE (PERIÑAN)	BOOT CAMP (WALTER)	
9:30 a.m.							STEP (ARNOLD)
10:00 a.m.						RUMBA FOR ALL (OSMI)	
10:30 a.m.							
11:00 a.m.						SUPER ABS (LEANDRO)	
12:00 p.m.							
1:00 p.m.	INDUCCIÓN FIT	INDUCCIÓN FIT	INDUCCIÓN FIT	INDUCCIÓN FIT	INDUCCIÓN FIT		
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	SUPER ABS (WALTER)	GLÚTEO (JESUS)					
6:00 p.m.	CIRCUITO (JESUS)	SUPER ABS (ALEXIS)	YOGA (LUI)	STRETCHING (LEANDRO)			
7:00 p.m.	DÁNZATE (PERIÑAN)	FIT BALL (LEANDRO)	COMBAT (LUI)	RIP 60 (WALTER)			
8:00 p.m.	PILATES (ALEXIS)	DÁNZATE (PERIÑAN)	FUNCIONAL (LEANDRO)	RUMBA FOR ALL (POPE)			