



# Clases Grupales

Sede Calle 94  
Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	TONO (WILLY CORTES)	SÚPER ABS (JHON SAENZ)		CIRCUIT TRAINING (DAVID DÍAZ)	TONO (JAVIER SOTO)		
7:00 a.m.	COMBAT (LUI)	PILATES (ARNOLD BRIÑEZ)		DÁNZATE (PERIÑÁN)	FIT BALL (JAVIER SOTO)		
8:00 a.m.	PILATES (FREDY ARDILA)		CIRCUITO FUNCIONAL (WILLY CORTES)	TRX (DAVID DÍAZ)	STRECHING (JHON SÁENZ)	SÚPER COLA (ARNOLD BRÍÑEZ)	
8:30 a.m.		RUMBA FOR ALL (FER VARGAS)					
9:00 a.m.	INSANITY (DANIEL RAMÍREZ)					STEP (ARNOLD BRÍÑEZ)	
10:00 a.m.						RUMBA FOR ALL (JHARY SOSA)	RUMBA FOR ALL (NELSON MARTÍNEZ)
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	TONO (FREDY ARDILA)	SÚPER ABDOMEN (JAVIER SOTO)	INSANITY (DANIEL RAMÍREZ)	SÚPER ABS (DANIEL SOTO)			
6:00 p.m.	RUMBA FOR ALL (NELSON MARTINEZ)	RUMBA FOR ALL (FER VARGAS)	PUM FIT	DÁNZATE (PERIÑÁN)			
7:00 p.m.	CIRCUIT TRAINING (ARNOLD BRIÑEZ)	YOGA (HAMMER)	DÁNZATE (PERIÑÁN)	COMBAT (DAVID LARA)			
8:00 p.m.	STRECHING (ARNOLD BRIÑEZ)	CROSS TRAINING (DANIEL RAMÍREZ)	TONO (DANIEL RAMÍREZ)	SÚPER COLA (WILLY CORTÉS)			



Indoor  
Cycling

Sede Calle 94  
Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		ADVANCE (ARNOLD)	FONDO (HERNÁN RAMIRÉZ)	INTERVALOS (FREDY ARDILA)	ADVANCE (ALEJANDRO GALINDO)		
7:00 a.m.	FONDO (RAFAEL)	INTERCONEXIÓN (RAFAEL BECERRA)		FONDO (ALEJANDRO BECERRA)	HIT (ALEJANDRO GALINDO)		
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
10:00 a.m.						INTERVALOS (HERNÁN RAMIRÉZ)	
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.	ADVANCE (ARNOLD)	INTERVALOS (ALEJANDRO GALINDO)	HIT (DANIEL OTERO)	INTERVALOS (FREDY ARDILA)			
7:00 p.m.		FONDO (ALEJANDRO GALINDO)		ADVANCE (HERNÁN RAMIRÉZ)			
8:00 p.m.							



HIIT  
Training

Sede Calle 94  
Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.							
6:30 a.m.							
7:00 a.m.							
7:30 a.m.	WILLY	CARLOS	JHON	JUAN DAVID			
8:00 a.m.	WILLY			JUAN DAVID			
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.						CRISTIAN LEMUS	
10:30 a.m.							
11:00 a.m.							
12:00 p.m.	CRISTIAN	JUAN DAVID	CRISTIAN	JUAN DAVID	JHON		
12:30 p.m.	JAVIER		JAVIER				
1:00 p.m.							
5:00 p.m.							
6:00 p.m.		NICOLÁS	DAVID	NICOLÁS			
6:30 p.m.							
7:00 p.m.							



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	AEROLOGIC (JAVIER P.)	SÚPER COLA (LINDERMANG)	FUNCIONAL (JHONATHAN)	CROSS TRAINING (STICK)	SÚPER ABS (ANDRÉS)		
7:00 a.m.	PILATES (JAVIER P.)	RUMBA FOR ALL (JARHY)	COMBAT (JESUS)	RUMBA FOR ALL (POPE)	STEP (ANDRÉS)		
8:00 a.m.		YOGA (EDISON)	FIT BALL (STICK)	CROSS TRAINING (STICK)			
8:30 a.m.							
9:00 a.m.						CIRCUITO FUNCIONAL (ERICK)	CALISTENIA (JUAN)
10:00 a.m.						RUMBA FOR ALL (POPE)	BOOT CAMP (JUAN)
11:00 a.m.						STRECHING (ERICK)	
11:30 a.m.							PILATES (JUAN)
12:00 p.m.							
12:30 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	FIT PUMP (JHÓNATAN)	CROSS TRAINING (ERIC)	TONO (LINDERMANG)	FIT PUMP (ERICK)			
6:00 p.m.	FIT PUMP (JESÚS)	FIT BALL (JHÓNATAN)	SUPER ABS (JESÚS)	SUPER COLA (LINDERMANG)	STRONG ZUMBA (JEISSON)		
7:00 p.m.	RUMBA FOR ALL (JHARY)	COMBAT (JESÚS)	ZUMBA FOR ALL (JEISSON)	CIRCUITO (JHÓNATHAN)	STRECHING (JEISSON)		
8:00 p.m.	C. FUNCIONAL (LINDERMANG)	PILATES (STICK)	STRECHING (JESÚS)	YOGA (VALENTINA)			



**Indoor  
Cycling**

**Sede Hayuelos  
Horario 2019**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		INTERVALOS (DANIEL)					
6:30 a.m.	MONTAÑA (MARIO)						
7:00 a.m.		HIT (DANIEL)	ADVANCE (VERÓNICA)	MONTAÑA (CARLOS)	ADVANCE (CARLOS)		
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.						FONDO (VERÓNICA)	
10:00 a.m.							INTERVALOS (VERÓNICA)
11:00 a.m.							QUEMA DE GRASA (VERÓNICA)
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.	INTERVALOS (SERGIO)			HIT (SERGIO)			
6:30 p.m.		MONTAÑA (DANIEL)	RPM (DANIEL)				
7:00 p.m.	FONDO (SERGIO)						
7:30 p.m.							
8:00 p.m.							



**HIIT  
Training**

**Sede Hayuelos  
Horario 2018**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00 a.m.			HIIT TRAINING (JUAN)				
7:30 a.m.	HIIT TRAINING (STICK)		HIIT TRAINING (JUAN)		HIIT TRAINING (STICK)		
8:00 a.m.	HIIT TRAINING (STICK)	HIIT TRAINING (LINDERMANG)		HIIT TRAINING (JUAN)	HIIT TRAINING (STICK)		
8:30 a.m.		HIIT TRAINING (LINDERMANG)		HIIT TRAINING (JUAN)			
9:00 a.m.							
9:30 a.m.							
11:00 a.m.						HIIT TRAINING (JHÓNATAN)	
11:30 p.m.							
12:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
6:30 p.m.	HIIT TRAINING (JHÓNATAN)		HIIT TRAINING (JHÓNATAN)		HIIT TRAINING (JHÓNATAN)		
7:00 p.m.							
7:30 p.m.		HIIT TRAINING (ERICK)	HIIT TRAINING (JEISSON/MARIO)	HIIT TRAINING (ERICK)			



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.							
6:30 a.m.							
7:00 a.m.	CIRCUITO (ALEXIS)	RUMBA (POPE)	RIP 60 (JESÚS)	CORE (ALEXIS)	BOOT CAMP (FERANDO)		
7:30 a.m.							
8:00 a.m.	SÚPER GLÚTEO (JESÚS)	FUNCIONAL (JESÚS)	CROSS TRAINING (ARNOLD)	RIP 60 (WALTER)	TONO (WALTER)		
8:30 a.m.							PILATES (ARNOLD)
9:00 a.m.		PILATES (ALEXIS)	PILATES (ARNOLD)	STRECHING (JHON CLAVIJO)	DÁNZATE (PERIÑÁN)	BOOT CAMP (WALTER)	
9:30 a.m.							STEP (ARNOLD)
10:00 a.m.						RUMBA FOR ALL (ANDRÉS)	
10:30 a.m.							
11:00 a.m.						SÚPER ABS (JHON CLAVIJO)	
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	SÚPER ABS (WALTER)	SÚPER GLÚTEOS (JESÚS)					
6:00 p.m.	CIRCUITO (JESÚS)	SUPER ABS (ALEXIS)	YOGA (LUI)	PILATES (FERNANDO M.)			
7:00 p.m.		FIT BALL (WILFREDO)	FUNCIONAL (JESUS)	RIP 60 (WALTER)			
8:00 p.m.	YOGA (WILFREDO)	DÁNZATE (PERIÑÁN)	CIRCUITO (ALEXIS)	RUMBA (REYNALDO)			



# Indoor Cycling

## Sede Calle 122 Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		RMP (RAFAEL)		TRAINING BIKE (DANIEL)			
7:00 a.m.	DÍA DE CARRERA		FUERZA (ANDREA)				
7:30 a.m.					FONDO (HERNÁN)		
8:00 a.m.							
9:00 a.m.							
10:00 a.m.						ADVANCE (ANDREA)	
11:00 a.m.							
12:00 p.m.							
6:30 p.m.	ADVANCE (ANDRÉS)	INTERVALOS (ARNOLD)	FONDO (MARIO)	INTERVALOS (FABIANA A.)			
7:00 p.m.							
7:30 p.m.	RPM (ANDRÉS)	FONDO (ARNOLD)	ADVANCE (MARIO)	FONDO (FABIANA A.)			
8:00 p.m.							
8:30 p.m.							





HIIT  
Training

Sede Calle 122  
Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.							
6:30 a.m.	JHON CLAVIJO	FERNANDO M.	JHON CLAVIJO	FERNANDO M.			
7:00 a.m.	JHON CLAVIJO	FERNANDO M.	JHON CLAVIJO	FERNANDO M.			
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.	JHON CLAVIJO	JHON CLAVIJO	FERNANDO M.	FERNANDO M.			
7:30 p.m.	JHON CLAVIJO	JHON CLAVIJO	FERNANDO M.	FERNANDO M.			
7:00 p.m.							
8:00 p.m.							



# Clases Grupales

# Sede Cedritos Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	YOGA (HERNAN)	SÚPER GLÚTEO (HERNAN)		FUNCIONAL (ANDRÉS PEÑA)	BOOT CAMP (WILLIAM)		
7:00 a.m.	BOOT CAMP (WILLIAM)	CIRCUITO (JOSE)	TONO (WILLIAM)	STEP (ARNOLD BRÍÑEZ)	DÁNZATE (LUIS PERIÑAN)		
8:00 a.m.	STEP (JHONNY)	KICKBOXING (JHONNY)	DÁNZATE (LUIS PERIÑAN)	STRETCHING (ARNOLD BRÍÑEZ)	RIP 60 (MARISTELA)	SUPER ABS (JHONNY CAMARGO)	
9:00 a.m.	FUNCIONAL (JOSE)	FITBALL (JOSE)	YOGA (LUI LOZANO)	CORE (ANDRÉS PEÑA)	PILATES (LUI LOZANO)	KICKBOXING (JHONNY CAMARGO)	
9:30 a.m.							AERÓBICOS JIMMY GONZÁLEZ
10:00 a.m.	SUPER ABS (JOSE)		SÚPER GLÚTEO (ANDRÉS)			RUMBA (DANIELA)	
10:30 a.m.							ZUMBA (JEISON)
11:00 a.m.	INDUCCIÓN FIT (STEPHEN)		INDUCCIÓN FIT (STEPHEN)		INDUCCIÓN FIT (STEPHEN)	STEP (ARNOLD BRÍÑEZ)	
4:00 p.m.		INDUCCIÓN FIT (DANIEL)		INDUCCIÓN FIT (ANDRÉS)			
5:00 p.m.	CORE (JOSE)	SÚPER GLÚTEO (ANDRÉS PEÑA)	SUPER ABS (ANDRÉS PEÑA)	YOGA (LUI LOZANO)	STEP (JHONNY CAMARGO)		
6:00 p.m.	CIRCUITO (ANDRÉS PEÑA)	DÁNZATE (LUIS PERIÑAN)	DÁNZATE (LUIS PERIÑAN)	COMBAT (LUI LOZANO)			
7:00 p.m.	FIT BALL (WILLIAM)	COMBAT (LUI LOZANO)	STEP (JHONNY)	RUMBA (JHARY)			
8:00 p.m.	RUMBA (POPE)	PILATES (LUI LOZANO)	RIP 60 (MARISTELA)	SUPER GLÚTEO (JOSE)			



**Indoor  
Cycling**

**Sede Cedritos  
Horario 2019**

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.		FONDO (CAMILO SANDOVAL)		ADVANCE (MARISTELA)			
6:30 a.m.	INTERVALOS (MARISTELA)		ADVANCE (JHONNY CAMARGO)		HIT (ANDREA)		
7:00 a.m.	INTERVALOS (MARISTELA)		ADVANCE (JHONNY CAMARGO)				
7:30 a.m.	ADVANCE (MARISTELA)		FONDO (ALEJANDRO GALINDO)				
8:00 a.m.	ADVANCE (MARISTELA)		FONDO (ALEJANDRO GALINDO)				
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.						TRAINING BIKE (DANIEL OTERO)	
10:30 a.m.							TRAINING BIKE (DANIEL OTERO)
4:00 p.m.							
5:00 p.m.		ADVANCE (JHONNY CAMARGO)		HIIT (WILLIAM MONTAÑA)			
6:00 p.m.		ADVANCE (JHONNY CAMARGO)		HIIT (WILLIAM MONTAÑA)			
6:30 p.m.	HIIT (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	FONDO (ANDREA PONTUGA)	INTERVALOS (WILLIAM MONTAÑA)			
7:00 p.m.	HIIT (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	INTERVALOS (ANDREA PONTUGA)	INTERVALOS (WILLIAM MONTAÑA)			
7:30 p.m.	ADVANCE (ALFREDO REYES)	TRAINING BIKE (DANIEL OTERO)	INTERVALOS (ANDREA PONTUGA)	ADVANCE (ARNOLD BRIÑEZ)			



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	TONO (JUAN ERIK)	CIRCUITO (EDWIN NEUSA)	CIRCUITO (IVAN CAMACHO)		FUNCIONAL (JUAN ERICK)		
7:00 a.m.	RUMBA (JHARY)	RIP (MANUEL M.)	ZUMBA (JEISON)	ABDOMEN (IVÁN)			
7:30 a.m.							
8:00 a.m.			SÚPER ABDOMEN (IVAN)	RUMBA (JHARY)	TRX (EDWIN NEUSA)		
8:30 a.m.						INSANITY (DAVID ROMERO)	
9:00 a.m.	CIRCUITO (IVÁN)			FUNCIONAL (IVÁN)	TONO (EDWIN NEUSA)		
9:30 a.m.						TRX (JUAN ERIK)	
10:00 a.m.	YOGA (LUI)	TONO (EDWIN NEUSA)	SÚPER COLA (EDWIN NEUSA)	RIP (EDWIN NEUSA)	SALSA (EDWIN NEUSA)		
10:30 a.m.							
11:00 a.m.						FIT BALL (DAVID ROMERO)	PILATES (ARNOLD)
12:00 p.m.							CROSS TRAINING (ARNOLD)
1:00 p.m.						CIRCUITO (DAVID ROMERO)	
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	FIT BALL (DAVID ROMERO)						
6:00 p.m.	YOGA (LUI LOZANO)	STEP (ANDRÉS LOPEZ)	PUMP IT (DAVID ROMERO)	TONO (ANGÉLICA ROMERO)	CIRCUITO (ANGÉLICA)		
7:00 p.m.	ZUMBA (JEISON)	PILATES (ANDRÉS LOPEZ)	COMBAT (CAMILO SANDOVAL)	STEP (ANDRÉS LOPEZ)			
8:00 p.m.			SÚPER ABDOMEN (JUAN ERIK)	RUMBA (PERIÑÁN)			
9:00 p.m.							
9:30 p.m.							



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
5:30 a.m.							
6:00 a.m.	QUEMA DE GRASA (ANDRÉS)	INTERVALOS (JUAN ERIK)	HIT (ANDRÉS LÓPEZ)	FONDO (ANDRÉS LOPEZ)			
6:30 a.m.							
7:00 a.m.			ADVANCE (ANDRÉS LÓPEZ)		TRAINING (DANIEL OTERO)		
7:30 a.m.							
8:00 a.m.							
8:30 a.m.						ADVANCE (ANDRÉS)	INTERVALOS (ANDRÉS LOPEZ)
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
11:00 a.m.							
11:30 a.m.							
12:30 p.m.							
1:30 p.m.							
2:30 p.m.							
3:30 p.m.							
4:30 p.m.							
5:30 p.m.							
6:00 p.m.	QUEMA DE GRASA (CAMILO SANDOVAL)		INTERVALOS (ARNOLD)				
7:00 p.m.	INTERVALOS (CAMILO SANDOVAL)	HIT (ALFREDO)	HIT (ARNOLD)	INTERVALOS (JUAN ERIK)			
8:30 p.m.							



HIIT  
Training

Sede Cedritos  
Horario 2019

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00 a.m.							
7:30 a.m.							
8:00 a.m.			MARISTELA		JOSE		
8:30 a.m.							
9:00 a.m.	WILLIAM	ANDRÉS		JHONNY			
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
12:00 p.m.							
12:30 p.m.							
1:00 p.m.							
5:00 p.m.							
5:30 p.m.	DANIEL	ANDRÉS	DANIEL	ANDRÉS	DANIEL		
6:30 p.m.							
7:00 p.m.							