



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	YOGA (JUAN)	PILATES (GEOFREY BRIÑEZ)		FUNCIONAL (ANDRES PEÑA)			
7:00 a.m.	DÁNZATE (LUIS PERIÑAN)	STEP (GEOFREY BRIÑEZ)		STEP (ARNOLD BRIÑEZ)			
8:00 a.m.			RUMBA (JHONNY CAMARGO)	STRETCHING (ARNOLD BRIÑEZ)	DÁNZATE (LUIS PERIÑAN)		
8:30 a.m.							
9:00 a.m.	STRETCHING (GEOFREY BRIÑEZ)		YOGA (LUÍ LOZANO)		PILATES (LUÍ LOZANO)	KICK BOXING (JHONNY CAMARGO)	
9:30 a.m.							AEROBICOS (JIMMY GONZÁLEZ)
10:00 a.m.							
10:30 a.m.						RUMBA (DANIELA CESPEDES)	
11:00 a.m.				SUPER ABDOMEN (ANDRES PEÑA)			RUMBA (DANIELA CESPEDES)
11:30 a.m.						STEP (ARNOLD BRIÑEZ)	
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.		SUPER COLA (ANDRES PEÑA)	INSANITY (ANDRES PEÑA)	YOGA (LUI LOZANO)			
6:00 p.m.	CIRCUITO (ANDRES PEÑA)	DÁNZATE (LUIS PERIÑAN)	STEP (JIMMY GONZALEZ)	COMBAT (LUI LOZANO)	STEP (JHONNY CAMARGO)		
7:00 p.m.	SUPER ABDOMEN (DANIEL)	COMBAT (LUÍ LOZANO)	STRETCHING (JIMMY GONZALEZ)				
7:30 p.m.				RUMBA (JHARY SOSA)			
8:00 p.m.	RUMBA (POPPE)	PILATES (LUÍ LOZANO)	RIP 60 (MARISTELA)				
8:30 p.m.							
9:00 p.m.							
9:30 p.m.							