



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	TONO (JUANERICK)		CIRCUITO (IVAN)		FUNCIONAL (JUANERICK)		
7:00 a.m.							
7:30 a.m.		RIP 60 (SEBASTIAN)		ABDOMEN (IVAN)			
8:00 a.m.	RUMBA (JHARY)		RUMBA (POPPE)				
8:30 a.m.					ABDOMEN (DAVID)	INSANITY (DAVID)	
9:00 a.m.		DÁNZATE (LUIS PERIÑAN)		RUMBA (JHARY)			
9:30 a.m.	CIRCUITO (IVAN)		FUNCIONAL (SEBASTIAN)		TONO (EDWIN)		
10:00 a.m.						DÁNZATE (LUIS PERIÑAN)	
10:30 a.m.	YOGA (LUI)	TONO (EDWIN)		RIP 60 (EDWIN)	FIT BALL (DAVID)		
11:00 a.m.						FIT BALL (DAVID)	PILATES (ARNOLD)
12:00 p.m.		CIRCUITO (SEBAS)		CIRCUITO (EDWIN)			CROSS TRAINING (ARNOLD)
1:00 p.m.						CIRCUITO (DAVID)	
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	PILATES (LUI LOZANO)	ABDOMEN (IVAN)					
6:00 p.m.	YOGA (LUI LOZANO)	STEP (ANDRÉS LOPEZ)	PUMP IT (DAVID)	TONO (SEBAS)	CIRCUITO (SEBASTIAN)		
7:00 p.m.	ZUMBA (JEISON)	PILATES (ANDRÉS LOPEZ)	COMBAT (CAMILO SANDOVAL)	STEP (ANDRÉS LOPEZ)			
8:00 p.m.	INSANITY (DAVID)		PILATES (CAMILO SANDOVAL)				
9:00 p.m.				DÁNZATE (LUIS PERIÑAN)			
9:30 p.m.							