



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	AEROLOGIC (JAVIER P)	SUPER COLA (LINDERMANG)	FUNCIONAL (JESUS)	CROSS TRAINING (STICK)	SUPER ABS (ANDRÉS)		
7:00 a.m.	PILATES (JAVIER P)	RUMBA FOR ALL (JHARY)	COMBAT (JESUS)	RUMBA FOR ALL (POPE)	STEP (ANDRÉS)		
8:00 a.m.		YOGA (EDISON)	FIT BALL (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.							
11:30 a.m.							PILATES (JUAN)
12:00 p.m.						STRETCHING (ERICK)	
12:30 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	MILITAR (JESUS)	CROSS TRAINING (ERICK)	TONO (LINDERMANG)	FIT PUMP (ERICK)			
6:00 p.m.	FIT PUMP (JESUS)	FIT BALL (JESUS)	SUPER ABS (JESUS)	SUPER COLA (LINDERMANG)	STRONG BY ZUMBA FOR ALL (JEISSON)		
7:00 p.m.	RUMBA FOR ALL (JHARY)	COMBAT (JESUS)	ZUMBA FOR ALL (JEISSON)	CIRCUITO (VALENTINA)	STRETCHING 30 MINUTOS (JEISSON)		
8:00 p.m.	CIRCUITO FUNCIONAL (LINDERMANG)	PILATES (STICK)	STRETCHING (JESUS)	YOGA (VALENTINA)			