



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	CIRCUITO FUNCIONAL (JHONATHAN S)	SUPER COLA (STICK)	FUNCIONAL (JHONATHAN B)	PILATES (STICK)	SUPER ABS (ANDRÉS)		
7:00 a.m.	SUPER ABDOMEN (JUAN)	RUMBA FOR ALL (POPE)	COMBAT (JIMMY ACOSTA)		STEP (ANDRÉS)		
8:00 a.m.	STRECHING (STICK)	YOGA (EDISON)	FIT BALL (TATAN)	RUMBA FOR ALL (POPE)	STRECHING (JEISSON)		
8:30 a.m.							
9:00 a.m.						CIRCUITO FUNCIONAL (JUAN)	CALISTENIA (JUAN)
10:00 a.m.							BOOT CAMP (JUAN)
11:00 a.m.						RUMBA FOR ALL (POPE)	PILATES (JUAN)
11:30 a.m.							
12:00 p.m.						SUPER ABDOMEN (JHONATHAN S)	
12:30 p.m.							
1:00 p.m.						SUPER COLA (JHONATHAN B)	
1:30 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	MILITAR (JHONATHAN B)	CROSS TRAINING (STICK)	TONO (TATAN)	FIT PUMP (TATAN)			
6:00 p.m.	CIRCUITO FUNCIONAL (TATAN)	FIT BALL (JHONATHAN B)	SUPER ABDOMEN (STICK)	SUPER COLA (TATAN)	RUMBA (JHARY)		
7:00 p.m.	RUMBA FOR ALL (JHARY)	COMBAT (JORGE T)	ZUMBA FOR ALL (JEISSON)	CIRCUITO (JHONATHAN B)			
8:00 p.m.	STRECHING (JEISSON)	PILATES (JORGE T)	SUPER PIERNAS (JHONATHAN S)	YOGA (EDISON)			