



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	RIP 60 (VICTOR)	FIT PUMP (VICTOR)	CROSS T (ARNOLD)	YOGA (LUI)			
7:00 a.m.	CARDIO BOX (EDWARD)	RUMBA (POPE)	ESTIRAMIENTO (ARNOLD)	FIT COMBAT (LUI)	TONO (ARNOLD)		
8:00 a.m.	STRETCHING (JONATHAN)		RUMBA (DAHIANNA)	RIP 60 (JONATHAN)	GLÚTEO (DAHIANNA)		
8:30 a.m.							
9:00 a.m.		PILATES (EDWARD)				CROSS T (JONATHAN)	PILATES (ARNOLD)
10:00 a.m.						ABD (WALTER)	CROSS T (ARNOLD)
11:00 a.m.						RIP 60 (WALTER)	
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
5:30 p.m.							
6:00 p.m.	GLÚTEO (DAHIANNA)	PILATES (EDWARD)	YOGA (LUI)	CIRCUITO (DAHIANNA)			
6:30 p.m.							
7:00 p.m.	7:30 RUMBA (POPE)	CIRCUITO (WALTER)	FIT COMBAT (LUI)	RIP 60 (JONATHAN)			
8:00 p.m.		TONO (WALTER)	RUMBA (JHARY)	PILATES (EDWARD)			