



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 a.m.	CIRCUITO (JESUS)	SÚPER COLA (JESUS)	FUNCIONAL (VANESSA)	CROSS TRAINING (STICK)	TONO (STICK)		
7:00 a.m.	YOGA (VALENTINA)	RUMBA (JHARY)	COMBAT (VANESSA)	RUMBA (POPE)	FUNCIONAL (JONATAN)		
8:00 a.m.	STRETCHING (JESUS)	MILITAR (JESUS)	FIT BALL (VANESSA)				
8:30 a.m.							
9:00 a.m.						CIRCUITO (JESUS)	SÚPER ABDOMEN (JONATAN)
10:00 a.m.						RUMBA (POPE)	MILITAR (VANESSA)
11:00 a.m.						STRETCHING (JESUS)	PILATES (VANESSA)
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.	MILITAR (JONATAN)	CROSS TRAINING (JESUS)	CIRCUITO (JESUS)	SÚPER COLA (JESUS)			
5:30 p.m.							
6:00 p.m.	FIT PUMP (STICK)	FIT BALL (JESUS)	SÚPER ABDOMEN (JONATAN)	INSTANITY (STICK)	COMBAT (VANESSA)		
6:30 p.m.							
7:00 p.m.	RUMBA (JHARY)	COMBAT (JESUS)	ZUMBA (JEISSON)	YOGA (VALENTINA)	YOGA (VANESSA)		
8:00 p.m.	TONO (JESUS)	PILATES (STICK)	STRETCHING (JONATAN)	CIRCUITO (JESUS)			