

HORARIO GRUPALES

SEDE CEDRITOS

CLASES GRUPALES

INDOOR CYCLING

HIIT TRAINING

🕒	L	M	M	J	V	S	D
07:00 A.M.	Training Bike Andrea	6:00A.M. Indoor Cycling Andrés TRX Paola	Training Bike Robert Fit Fight Angélica	Training Bike Desiree	Cycling Andres Fit Fight Angélica		
08:00 A.M.	Funcional Norwil	Rumba Johan	TRX Funcional Camilo	Tono Joseph	Funcional Norwill	8:45 A.M. Training Bike Robert	Pilates Arnold
09:00 A.M.	Step Angélica	GAP Paola	Rumba Juan Gabriel	Rumba Armando	Pilates Arnold	Crosstraining BOX Hollywood	Step Arnold
10:00 A.M.	Fullbody Alexander	Aero Tono Jimmy	10:15 a.m. Danza Oriental Diego	GAP Valentina	Step Arnold	Tono Joseph	Training Bike Robert
11:00 A.M.	Pilates Alexander		Yoga Diego			Rumba Bladimir	Rumba Andrés
5:00 P.M.			Yoga Cesar				
6:00 P.M.	Pilates Arnold	Training Bike Zulma Rumba Kristian	Indoor Ciclyng Valentina Step Jimmy	Tono Joseph			
7:00 P.M.	Intervalos Arnold Rumba Armando	Tono Joseph	Xtreme Isaac				