

# CRONOGRAMA ACTIVIDADES

	LUN	MAR	MIE	JUE	VIE
9hs	FUNCIONAL YOGA	CORE FIT	FUNCIONAL YOGA	CORE FIT	FUNCIONAL YOGA
10hs	TAI CHI	STRETCHING	TAI CHI	STRETCHING	TAI CHI
13hs	INDOOR CYCLE		INDOOR CYCLE		INDOOR CYCLE
18hs	GAP	CALISTENIA	GAP CROSS TRAINING	CALISTENIA	GAP
19hs	INDOOR CYCLE	STRETCHING ACTIVO	INDOOR CYCLE	STRETCHING ACTIVO	INDOOR CYCLE
	FUNCIONAL YOGA	CROSS TRAINING	FUNCIONAL YOGA	CROSS TRAINING	FUNCIONAL YOGA
20hs	BOXEO	CROSS TRAINING	BOXEO	CROSS TRAINING	BOXEO
SAB			CROSS TRAINING 11HS	INDOOR CYCLE 12HS	

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19hs	INDOOR CYCLE	STRETCHING ACTIVO	INDOOR CYCLE	STRETCHING ACTIVO	INDOOR CYCLE
	FUNCIONAL YOGA	CROSS TRAINING	FUNCIONAL YOGA	CROSS TRAINING	FUNCIONAL YOGA
20hs	BOXEO	CROSS TRAINING	BOXEO	CROSS TRAINING	BOXEO
SAB		CROSS TRAINING 11HS	INDOOR CYCLE 12HS		