



MEJORAR
RENDIMIENTO



TONIFICACIÓN Y
AUMENTO DE FUERZA



PERDIDA DE PESO Y
REDUCCIÓN DE TALLA



SALUD Y
BIENESTAR

HORARIOS		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:00	07:30	TRX Fit F		TRX Fit F		TRX Fit F		
07:00	07:30	Hit Fit AD		Hit Fit AD				
07:00	07:45		Functional Fit AD		Functional Fit AD			
07:00	07:55	Indoor Cycling S	Indoor Cycling S	Indoor Cycling S	Indoor Cycling S	Indoor Cycling S		
07:00	08:00	Yoga Vinyasa H		Yoga Vinyasa H				
07:30	08:00		Rowing Fit 2		Rowing Fit 2			
07:40	08:10	Rowing Fit 2		Rowing Fit 2		Rowing Fit 2		
07:45	08:15	Fight Fit F		Fight Fit F				
07:50	08:20		Total ABS AD		Total ABS AD			
10:00	10:55						Indoor Cycling S	
10:30	11:15						Functional Fit AD	
11:00	11:55						Baile AD	Indoor Cycling S
11:00	12:00						Hatha Yoga H	
11:30	12:00						Rowing Fit 2	
12:05	12:20							Total ABS AD
12:05	13:00						Body Pump AD	
12:30	13:00	Hit Fit AD		Hit Fit AD				
13:00	13:30		TRX Fit F		TRX Fit F			
13:00	14:00		Body Pump AD		Body Pump AD			
13:00	13:40	Body Power AD		Body Power AD		Body Power AD		
13:05	13:35	Fight Fit F		Fight Fit F		TRX Fit F		
13:30	14:25		Indoor Cycling S		Indoor Cycling S	Indoor Cycling S		
13:35	14:05		Rowing Fit 2		Rowing Fit 2			
13:45	14:30	Functional Fit AD		Functional Fit AD		Functional Fit AD		
14:00	14:30		Hit Fit AD		Hit Fit AD			
14:00	14:55	Indoor Cycling S		Indoor Cycling S				
14:00	15:00	Yoga Vinyasa H	Yoga Release H	Yoga Vinyasa H	Yoga Release H	Yoga Vinyasa H		
14:05	14:35	Rowing Fit 2		Rowing Fit 2				
15:00	15:15	Total ABS AD		Total ABS AD				
18:15	19:00	Body Pump AD	GAP AD	Body Pump AD	GAP AD			
18:15	19:00	Pilates H		Pilates H				
18:30	19:00	TRX Fit F		TRX Fit F		TRX Fit F		
19:00	20:00		Yoga Iyengar H		Yoga Iyengar H	Hatha Yoga H		
19:10	20:10	Hatha Yoga H		Hatha Yoga H				
19:05	20:00		Indoor Cycling S		Indoor Cycling S	Indoor Cycling S		
19:10	20:05	Indoor Cycling S		Indoor Cycling S				
19:05	20:00	Baile AD	Baile AD	Baile AD	Baile AD			
19:10	19:40	Fight Fit F	TRX Fit F	Fight Fit F	TRX Fit F	Hit Fit AD		
19:15	19:45	Rowing Fit 2	Rowing Fit 2	Rowing Fit 2	Rowing Fit 2			
19:45	20:30	Functional Fit AD	Functional Fit AD	Functional Fit AD	Functional Fit AD			
20:10	20:50	GAP AD		GAP AD				
20:10	21:00		Body Pump AD		Body Pump AD			
20:40	21:10		Fight Fit F		Fight Fit F			
20:10	21:05	Indoor Cycling S		Indoor Cycling S				