

Salón 1

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
8	Localizada	Localizada	Localizada	Localizada	Localizada	-
9	Localizada	Localizada	Localizada	Localizada	Localizada	-
10	Mat Pilates	Yoga	Mat Pilates	Yoga	Mat Pilates	Yoga
11	Stretching	-	Stretching	-	Stretching	Localizada
12	-	-	-	-	-	Body Pump
12:30	Zumba	-	Zumba	-	Zumba	-
18	Ritmos	Zumba	Ritmos	Zumba	Ritmos	-
19	Total Body	Stretching	Total Body	Stretching	Total Body	-
20	Body Pump	Body Combat	Body Pump	Body Combat	Body Pump	-
21	-	Body Pump	Body Pump	Body Pump	-	-

Salón 2

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
8	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	-
9	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	-
17	Cross Funcional	-	Cross Funcional	-	Cross Funcional	-
18	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	-
19	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	-
20	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	Cross Funcional	-

Spinning

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
8	Spinning	Spinning	Spinning	Spinning	Spinning	-
10	-	-	-	-	-	Spinning
11	Spinning	-	Spinning	-	Spinning	-
18	-	Spinning	-	Spinning	-	-
19	Spinning	Spinning	Spinning	Spinning	Spinning	-
20	Spinning	-	Spinning	-	Spinning	-

Vivo Instagram LIVE

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
9	Localizada	Localizada	Localizada	Localizada	Localizada	-
11	-	-	-	-	-	Localizada

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
8	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	-
9	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer
10	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer
11	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer
12	-	Pilates Reformer	-	Pilates Reformer	-	Pilates Reformer
17	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	-
18	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	-
19	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	-
20	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	Pilates Reformer	-