

HORARIO DE CLASES DIRIGIDAS

SEDE CERRO GRANDE



| | LUN | MAR | MIÉR | JUE | VIE | SÁB | DOM |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------|------|
| 08:15 | | Indoor cycling | | Indoor cycling | | | |
| 08:45 | Indoor cycling | | Indoor cycling | | Indoor cycling | | |
| 09:00 | E. en bandas de susp. | Body Pump | E. en bandas de susp. | Body Pump | E. en bandas de susp. | | |
| 09:00 | CoreFit | Zumba | CoreFit | Zumba | | | |
| 10:00 | | | | | | Zumba | |
| 10:30 | GAP | Entren. Funcional | GAP | Entren. Funcional | GAP | Indoor cycling | |
| 10:30 | Pilates | Yoga | Pilates | Yoga | | | Yoga |
| 11:00 | | | | | | Indoor cycling | |
| 11:00 | | | | | | Body Pump | |
| 17:30 | Funcional Kids | Taekwon-do Kids | Funcional Kids | Taekwon-do Kids | | | |
| 18:45 | Zumba | Zumba | Zumba | Zumba | Zumba | | |
| 19:00 | Body Pump | E. en bandas de susp. | Body Pump | E. en bandas de susp. | Body Pump | | |
| 19:15 | Indoor cycling | | Indoor cycling | | Indoor cycling | | |
| 20:00 | CoreFit | Strong Nation | CoreFit | Strong Nation | CoreFit | | |
| 20:00 | | Indoor cycling | | Indoor cycling | | | |
| 20:15 | GAP | Entren. Funcional | GAP | Entren. Funcional | GAP | | |

NOTA: LOS TALLERES (EN NEGRO) TIENEN UN COSTO ADICIONAL. CONSULTE POR PRECIOS PREFERENCIALES PARA SOCIOS. DURACIÓN 1 HRS.