

# HORARIO DE CLASES DIRIGIDAS

SEDE OVALLE



|       | LUNES                 | MARTES                | MIÉRCOLES             | JUEVES                | VIERNES        | SÁBADO         | DOMINGO   |
|-------|-----------------------|-----------------------|-----------------------|-----------------------|----------------|----------------|-----------|
| 08:00 |                       | Yoga                  |                       | Yoga                  |                |                |           |
| 08:30 | E. en bandas de Susp. |                       | E. en bandas de Susp. |                       |                |                |           |
| 09:00 |                       | Indoor cycling        |                       | Indoor cycling        |                |                |           |
| 09:15 | CoreFit               | CoreFit               | CoreFit               | CoreFit               | CoreFit        | CoreFit        |           |
| 09:45 | Zumba                 |                       | Zumba                 |                       | Zumba          |                |           |
| 10:00 |                       |                       |                       |                       |                | Zumba          | Body Pump |
| 10:30 |                       | Body Pump             |                       | Body Pump             |                |                |           |
| 11:15 |                       |                       |                       |                       |                | Indoor cycling |           |
| 18:30 |                       | Zumba                 |                       | Zumba                 |                |                |           |
| 19:00 | CoreFit               | GAP                   | CoreFit               | GAP                   | CoreFit        |                |           |
| 19:15 | Indoor cycling        | Indoor cycling        | Indoor cycling        | Indoor cycling        | Indoor cycling |                |           |
| 19:30 | Body Pump             |                       | Body Pump             |                       | Body Pump      |                |           |
| 19:40 |                       | E. en bandas de Susp. |                       | E. en bandas de Susp. |                |                |           |
| 20:15 | Box fit               | Cross Training        | Box fit               | Cross Training        |                |                |           |
| 20:40 | Zumba                 | Combat                | Zumba                 | Combat                | Zumba          |                |           |

**NOTA: LOS TALLERES (EN NEGRO) TIENEN UN COSTO ADICIONAL. DURACIÓN 1 H**