CRONOGRAMA de clases NOVIEMBRE

LUNES

08:00 hs.	Indoor Cycle
08:15 hs.	Cross Functional
08:15 hs.	Running Team
09:00 hs.	Indoor Cycle
09:15 hs.	Power 45'
10:00 hs.	Sport Training
11:15 hs.	Yoga Integral
12:30 hs.	Full Body
15:45 hs.	Training Gym
18:00 hs.	Indoor Cycle
18:10 hs.	Tenis de Mesa
19:00 hs.	Calistenia
19:00 hs.	Cross Functional

MARTES

08:00 hs.	Running Team
08:30 hs.	Indoor Cycle
08:30 hs.	Dance Mix
09:00 hs.	Box
09:15 hs.	Dance Fit
10:00 hs.	Pilates
11:00 hs.	Ashtanga Yoga
12:0 0 hs.	Stretching
14:30 hs.	Iyengar Yoga
18:00 hs.	Pilates
18:45 hs.	Functional Training
18:45 hs.	Indoor Cycle
19:30 hs.	Stretching

MIÉRCOLES

08:00 hs.	Indoor Cycle
08:15 hs.	Cross Functional
08:15 hs.	Running Team
09:00 hs.	Indoor Cycle
09:15 hs.	Power 45'
10:00 hs.	Sport Training
11:15 hs.	Power Yoga
12:30 hs.	Full Body
15:45 hs.	Training Gym
18:00 hs.	Indoor Cycle
19:00 hs.	Calistenia
19:00 hs.	Yoga Integral

JUEVES

08:00 hs.	Running Team
08:30 hs.	Indoor Cycle
08:30 hs.	Dance Mix
09:00 hs.	Box
09:15 hs.	Dance Fit
10:00 hs.	Pilates
11:00 hs.	Ashtanga Yoga
12:00 hs.	Stretching
17:00 hs.	Iyengar Yoga
18:00 hs.	Pilates
18:45 hs.	Functional Training
18:45 hs.	Indoor Cycle
19:30 hs.	Stretching

VIERNES

08:00 hs.	Indoor Cycle
08:15 hs.	Cross Functional
08:15 hs.	Running Team
09:00 hs.	Indoor Cycle
09:15 hs.	Power 45'
10:00 hs.	Sport Training
11:15 hs.	Yoga Integral
12:30 hs.	Full Body
15:45 hs.	Training Gym

SÁBADO

10:00 hs.	Indoor Cycle
10:00 hs.	Training Gym
11:00 hs.	Indoor Cycle
11:00 hs.	Stretching
12:00 hs.	Local Full
12:00 hs.	Indoor Cycle
13:00 hs.	Stretching
14:00 hs.	Tenis de Mesa
15:30 hs.	Ashtanga Yoga
16:00 hs.	Indoor Cycle
16:30 hs.	Hatha Yoga
16:45 hs.	Stretching

DOMINGO

10:30 hs.	Indoor Cycle
11:45 hs.	Stretching
16:00 hs.	Indoor Cycle
16:45 hs.	Stretching
17:30 hs.	Core Training

HORARIOS GYM

Lunes a viernes de 7 a 22 hs.
Sábados, domingos y feriados
de 9 a 20 hs.

Racket
· CLUB ·