

Itinerario de clases

CAGUAS

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
4:45 AM	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
9:00 AM	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
9:30 AM	BODY CIRCUIT	BODY CIRCUIT	ZUMBA	BODY CIRCUIT		BARRBELL CIRCUIT
10:30AM						SPINNING
5:30 PM	SPINNING		SPINNING			
6:00 PM	BARRBELL CIRCUIT	BARRBELL CIRCUIT	BARRBELL CIRCUIT	BARRBELL CIRCUIT		
6:30 PM	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
6:45 PM	POWER CORE		POWER CORE			
7:30 PM	SALSA		SALSA			