



# HORARIO CLASES COLECTIVAS

|               | Lunes          | Martes         | Miércoles      | Jueves         | Viernes   |
|---------------|----------------|----------------|----------------|----------------|-----------|
| 09:30 - 10:30 | Pilates Mat    | Indoor Cycling | Pilates Mat    | Indoor Cycling |           |
| 10:30 - 11:00 |                |                |                | ABD Core       |           |
| 10:30 - 11:30 | Functional     |                | FitSquat       |                |           |
| 10:45 - 11:45 | TV Bike        |                | TV Bike        |                | TV Bike   |
| 14:30 - 15:30 | TV Bike        |                | TV Bike        |                | TV Bike   |
| 16:00 - 17:00 |                | Judo Kids      |                | Judo Kids      |           |
| 17:00 - 18:00 | Pilates Mat    | Judo Kids      | Pilates Mat    | Judo Kids      | ZUMBA     |
| 18:00 - 19:00 |                |                |                |                | Body Step |
| 18:30 - 19:30 | ZUMBA          | ZUMBA          |                | ZUMBA          |           |
| 18:30 - 19:30 | Indoor Cycling |                | Indoor Cycling |                |           |
| 19:30 - 20:30 | Body Fitness   | Indoor Cycling | Body Fitness   | Indoor Cycling |           |
| 19:30 - 20:30 |                | Muay Thai      |                | Muay Thai      | Muay Thai |
| 20:30 - 21:30 | Krav Maga      |                | Krav Maga      |                |           |
| 21:00 - 22:00 | TV Bike        |                | TV Bike        |                | TV Bike   |