

1º SEMDID DICIEMBRE

| HORA | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
|-------|------------|------------|------------|--------------|-----------|
| AULA | H3 | H3 | H3 | H3 | H3 |
| 9:30 | GAP | FULLBODY19 | TOTAL UP | ATTACK | |
| 10:00 | ZUMBA | CORE | CORE | FLYING | FUNCIONAL |
| 10:30 | | CORE | GAP | CUERPO&MENTE | |
| 11:00 | STREACHING | STREACHING | | | |
| | | | | | |
| 17:30 | CORE | GLUTEX | TOTAL UP | FUNCIONAL | |
| 18:00 | FULLBODY19 | TOTAL UP | ATTACK | | |
| 18:30 | | CORE | CORE | CORE | |
| 19:00 | GAP | GAP | FULLBODY19 | TOTAL UP | |
| 19:30 | FLYING | FLYING | | GLUTEX | |
| 20:00 | FUNCIONAL | | FLYING | | |
| 20:30 | | | GLUTEX | | |

fitness19



CICLO VIRTUAL - DE LUNES A VIERNES COMIENZO 6:00 / SÁBADOS, DOMINGOS Y FESTIVOS COMIENZO A LAS 10:00

LAS CLASES DE CICLO VIRTUAL SON DE 1 HORA DE DURACIÓN.

Para impartir nuestras clases colectivas necesitaremos un mínimo de 3 personas

MUSCLE RESISTANCE

HARD TRAINING

STRENGTH

DANCE & FUN

BODY & MIND