

HORARIO ACTIVIDADES DIRIGIDAS OCTUBRE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:00 - 8:30	QNX	QNX	QNX	QNX	QNX
8:30 - 9:30	BALANCE	CARDIO STEP	BODY FITNESS	CARDIO STEP	YOGA
9:30 - 10:30	BODY-FITNESS	YOGUILATES	FUNCIONAL	YOGUILATES	BODY FITNESS
10:30 - 11:30	CUBBÁ	GAP	CARDIO STEP	GAP	CUBBÁ
11:30 - 12:30	PILATES CLASICO	PILATES	PILATES DYNAMIC	PILATES	PILATES
12:30 - 13:30	GAP	CARDIO STEP	GAP	CARDIO STEP	GAP
13:30 - 14:00	FUNCIONAL	HIPOPRESIVOS	FUNCIONAL	HIPOPRESIVOS	FUNCIONAL
14:30 - 15:30	BALANCE	BODY FITNESS	CARDIO STEP	BODY FITNESS	PILATES
15:30 - 16:30	CIRCUIT TRAINING	PILATES	BALANCE	CARDIO STEP	BALANCE
16:30 - 17:00	FUNCIONAL	EXPRES ABDOMEN	FUNCIONAL	EXPRES ABDOMEN	FUNCIONAL
17:30 - 18:30	DANZA ORIENTAL	CARDIO TRAINING	DANZA ORIENTAL	PILATES	
18:30 - 19:30	PILATES EMBARAZO	VINYASA YOGA	CUBBÁ	JUNIOR TRAINING	
19:30 - 20:30	CARDIO TRAINING	PILATES	BODY FITNESS	PILATES	BALANCE
		CLUB DE RUNNING		CLUB DE RUNNING	
20:30 - 21:30	BALANCE	FUNCIONAL	YOGA	FUNCIONAL	