

Horario	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	Horario	SABADO
7:15	GYM TOTAL		LOCAL		GYM TOTAL		
8:00		PILATES		PILATES			
8:30	LOCAL	<b>SPINNING</b>	GYM TOTAL	<b>SPINNING</b>	LOCAL		
9:00		LOCAL		LOCAL			
9:30	<b>SPINNING</b>		<b>SPINNING</b>		<b>SPINNING</b>		
10:00		<b>SPINNING</b>		<b>SPINNING</b>		10:30	PILATES
11:00		ESFERODINAMIA		ESFERODINAMIA		11:00	<b>SPINNING</b>
12:30	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>	<b>POWER JUMP</b>	12:00	<b>POWER JUMP</b>
17:00	<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>	13:00	<b>SPINNING</b>
17:30	<b>SPINNING</b>		<b>SPINNING</b>		<b>SPINNING</b>	16:00	<b>LES MILLS BODYATTACK</b>
18:00	AEROLocal	LOCAL	AEROLocal	LOCAL	STEP COREO	17:00	<b>LES MILLS BODYPUMP</b>
	PILATES		PILATES		PILATES	18:15	<b>POWER JUMP</b>
18:45	<b>SPINNING</b>		<b>SPINNING</b>		<b>SPINNING</b>	18:15	<b>SPINNING</b>
19:00	GAP	ABS 2x30min	GAP	ABS 2x30min	GAP		
		<b>LES MILLS RPM</b>		<b>LES MILLS RPM</b>			
	<b>LES MILLS BODYCOMBAT</b>	AEROLocal	<b>LES MILLS BODYCOMBAT</b>	AEROLocal	<b>LES MILLS BODYCOMBAT</b>		
20:00	<b>LES MILLS BODYBALANCE</b>	GAP	<b>LES MILLS BODYBALANCE</b>	GAP	<b>LES MILLS BODYBALANCE</b>		
	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>	<b>LES MILLS BODYPUMP</b>		
20:15	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>		
21:00	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>	<b>LES MILLS BODYPUMP</b>	<b>POWER JUMP</b>		
21:15	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>	<b>SPINNING</b>		

MUSCULACIÓN LUNES  
A VIERNES - 7:00 a  
22:30 SABADO - 9:00  
a 20:30

Horarios vigentes desde  
01/06/10

**Aerobic se reserva el derecho en ajustar CLASES, HORARIOS y/o INSTRUCTORES.**  
Eventualmente las clases de POWERJUMP, RPM CYCLING y Spinning necesitarán numeros para ingresar.