

HORARIO JUNIO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES			
07:30		YOGA Priya		YOGA Priya				
08:30	FITNESS BALLET-GOMAS Amira	CARDIO TONO Amira	FITNESS PILATES María Fernanda	SPINNING María Fernanda	YOGA Ginger			
09:30	SPINNING Amira	ZUMBA Julio	HPV-TONO Yvell	FITNESS BALLET-CARDIO Amira	PILATES Ginger			
13:15	SPINNING María Fernanda	GOMAS-BRAZOS Amira		GOMAS-GLÚTEOS Amira				
14:15	FITNESS PILATES María Fernanda	SUPERBURNING-TONE Amira	PILATES STRECH Ginger	FITNESS BALLET Amira	PILATES STRECH Ginger			
17:00								
17:30	HPV-GOMAS Isabel	FITNESS BALLET Yvell	TONO-GAP Isabel	ZUMBA Julio	SPINNING M. Fernanda	FITNESS BALLET Yvell		
18:30	SUPERB-TONE Amira	SPINNING Isabel	TONO-GOMAS Yvell	SUPER-BOX Amira	HPV Isabel	GAP Amira	TOTAL TONE Yvell	
19:30	FITNESS BALLET Amira	SPINNING M. Fernanda	ZUMBA Cesar	SPINNING Amira	TONO-GOMAS Amira	SPINNING M. Fernanda	SUPERBURNING TONE Amira	SPINNING Yvell
20:30	PILATES Ginger	FITNESS BALLET/GOMAS Amira	SPINNING M. Fernanda	YOGA FIT María Fernanda	FIT PILATES M. Fernanda	SPINNING Amira		

Clases de intensidad alta

	SÁBADO 3
11:00	
12:00	MASTER CLASS Yvell

	SÁBADO 10 Y 17
11:00	SUPERBURNING Amira
12:00	TONO Y GOMAS Amira

	DOMINGO
11:10	YOGA Cristina/Ginger/MF
12:30	SPINNING Amira/M. Fernanda

