

HORARIO OCTUBRE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES			
07:30		ASHTANGA VINYASA YOGA Salvana		ASHTANGA VINYASA YOGA Salvana				
08:30	YOGA FIT Maria Fernanda	INTERVALOS M. Fernanda / Amira	FITNESS PILATES Maria Fernanda	SPINNING M. Fernanda/Amira	YOGA Ginger			
09:30	SPINNING Maria Fernanda	ZUMBA Alexis	INTERVALOS Maria Fernanda	FITNESS BALLET/GOMAS Amira	PILATES CLÁSICO Ginger			
13:15	SPINNING Maria Fernanda	FITNESS PILATES Maria Fernanda	CARDIO TONO Yvell/Amira	GOMAS-GLÚTEOS M. Fernanda /Amira				
14:15	FITNESS PILATES Maria Fernanda	INTERVALOS Maria Fernanda	PILATES CLÁSICO Ginger	FITNESS BALLET Judith/Amira	PILATES STRECH Ginger			
17:30	HPV-GOMAS Isabel	INTERVALOS Maria Fernanda	STONE-GAP Isabel	POWERBALLET Alexis	FITNESS BALLET Yvell/ M. Fernanda /Amira			
18:30	INTERVALOS Maria Fernanda	FITNESS BALLET/GOMAS Yvell	INTERVALOS M. Fernanda	HPV Isabel	ZUMBA Alexis	SPINNING Yvell	CARDIO TONO Yvell/ M. Fernanda/Amira	
19:30	BARRA MLuisa/Amira	SPINNING Erick	ZUMBA Cesar	SPINNING Yvell	TONO GOMAS MLuisa/Amira	SPINNING M. Fernanda	CIRCUIT TRAINING Maria Fernanda	SPINNING Yvell/ M. Fernanda/Amira
20:30	PILATES Ginger	FITNESS BALLET Yvell/Amira	SPINNING M. Fernanda	FITNESS PILATES Maria Fernanda	YOGA FIT Maria Fernanda			
	SÁBADOS	DOMINGOS						
11:00		11:10	YOGA Cristina/Ginger					
12:00	MASTER CLASS Yvell/MaFer/Alexis	12:30	SPINNING Yvell/MaFer/Alexis					

Clases de intensidad alta

