



	INTESIDAD		FUERZA			BALANCE	
	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	
6 AM	SPX	SPX	SPX	SPX	SPX		
7 AM	SPX	SPX	SPX	SPX	SPX	RUN	
	SPIN	SPIN	SPIN	SPIN			
	Athletic Yoga	W-BARRE	Yoga Tone	W-BARRE	Mind Yoga		
	BodyPump	GAP	BodyPump	GAP	BodyPump		
8 AM	SPIN	SPIN	SPIN	SPIN	SPIN		
	STRIKE	Body Combat	STRIKE	Body Combat	STRIKE		
	Zumba	JUMP	Zumba	Equilibrium	Zumba		
9 AM	SPX	SPX	SPX	SPX	SPX		
	Pilates Tone	BodyPump	Pilates Tone	BodyPump			
11 AM						Funcional	
4:30 PM	SPX	SPX	GAP	SPX			
5:30 PM	SPX	SPX	SPX	SPX	SPX		
	Zumba	Zumba		Zumba			
	BodyPump		BodyPump				
6:30 PM	DRILL	SPX	DRILL	SPX	DRILL		
	SPIN	SPIN	SPIN	SPIN			
	Athletic Yoga		Yoga by the Beat		Mind Yoga		
7:30 PM	GAP	BodyPump		BodyPump			
	SPX	SPX	SPX	SPX	SPX		
	SPIN	SPIN	SPIN	SPIN			
	RUN	STRIKE		STRIKE			
	JUMP	Zumba	JUMP	Mind Yoga			
8:30 PM	BodyPump	Yoga Tone	BodyPump				
	SPX	SPX	SPX	SPX			
	SPIN						