

MAÑANAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	
6:30am	SPINNING 4 Mauro Menna		SPINNING 4 Alejandro Vidal		SPINNING 4 Helemir Solorzano	/	
7:00am		FITNESS 6 TRX Anna Masciarelli		HEAT 5 Fer Acevedo			
8:30am	FITNESS 6 WORKOUT Mario Aranaga	FITNESS 6 TRX Alberto Salazar	FITNESS 6 WORKOUT Mario Aranaga	FITNESS 6 TRX Alberto Salazar			
8:35am		HEAT 5 Anna Masciarelli					
9:00am					ZUMBA FITNESS 6 Eugenio Delgado		
9:30am	SPINNING 4 Gustavo Santos A.	PILATES 7 Joel Herrera		PILATES 7 Joel Herrera			
9:45am		HEAT 5 Anna Masciarelli					
10:00am			HEAT 5 Alberto Salazar	HEAT 5 Alberto Salazar	FITNESS 6 WORKOUT Alberto Salazar		SPINNING 4 TEAM 398
10:30am	PILATES 7 Anakarina Balza						
11:00am		FITNESS 6 STRETCHING Alberto Salazar		FITNESS 6 STRETCHING Alberto Salazar			FITNESS 6 WORKOUT TEAM 398

MEDIO DIA

12:30pm	FITNESS 6 WORKOUT Alberto Salazar		YOGA 6 Juan C. Linares		YOGA 6 Juan C. Linares	
	PILATES 7 Joel Herrera	FITNESS 6 CIRCUITO Victor Gonzalez	PILATES 7 Maria J. Mendible	FITNESS 6 CIRCUITO Victor Gonzalez		

TARDE/NOCHE

4:00pm	TELAS 6 ACROB Jr Juan R Mikuski	TELAS 6 ACROB Jr Juan R Mikuski	TELAS 6 ACROB Jr Juan R Mikuski	TELAS 6 ACROB Jr Juan R Mikuski		
4:30pm	CIRCUITO 3 OUTDOOR Victor Gonzalez	CIRCUITO 3 OUTDOOR Victor Gonzalez	CIRCUITO 3 OUTDOOR Victor Gonzalez	CIRCUITO 3 OUTDOOR Victor Gonzalez		
5:00pm	TELAS 6 ACROB Juan R Mikuski	TELAS 6 ACROB Juan R Mikuski	TELAS 6 ACROB Juan R Mikuski	TELAS 6 ACROB Juan R Mikuski		
6:00pm	SPINNING 4 Anna Maier					
6:15pm	PILATES 7 Joel Herrera	PILATES 7 Maria Jesus M.	PILATES 7 Maria Jesus M.	PILATES 7 Danny Rojas		
6:30pm	FITNESS 6 TRX Alberto Salazar	FITNESS 6 WORKOUT Mario Aranaga	FITNESS 6 TRX Victor Gonzalez	FITNESS 6 WORKOUT Mario Aranaga	FITNESS 6 WORKOUT Alejandro Vidal	
7:00pm	SPINNING 4 Alfonso Calabrese	SPINNING 4 Victor Gonzalez	SPINNING 4 Fer Acevedo	SPINNING 4 Luis E. Garcia	HEAT 5 TEAM 398	
7:15pm	PILATES 7 Joel Herrera	PILATES 7 Maria Jesus M.	PILATES 7 Maria Jesus M.	PILATES 7 Danny Rojas		
7:30pm	HEAT 5 Alejandro Diaz M.	HEAT 5 Alejandro Vidal	HEAT 5 Anna Masciarelli	HEAT 5 Victor Gonzalez	HEAT 5 INSTRUCTORES SÓLO TEAM 398	
7:35pm	FIJES 6 COMBAT Ricardo Aranaga	FITNESS 6 COMBAT Jose Carlos Blanco	ZUMBA FITNESS 6 Eugenio Delgado	FITNESS 6 WORKOUT Eleazar Guzman		
	TRX @ 5 TRAINING ZONE Victor Gonzalez			MEDITACION SFL 9 Sakti Ishaya		

72 Actividades semanales!!