

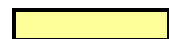
HORARIO DE ACTIVIDADES COLECTIVAS

JUNIO (SEMANA ESPECIAL)

HORA	LUNES 21	S	MARTES 22	S	MIÉRCOLES 23	S	JUEVES 24	S	VIERNES 25	S	SABADO 26	S	
7:30	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT			
8:15	CICLO-INDOOR	2			CICLO-INDOOR	2	LESWILLS BODYCOMBAT	1	LESWILLS BODYPUMP	1			
8:30			STEP	1									
9:15			BIG DANCE	1									
9:30	LESWILLS BODYPUMP	1			STEP	1			CICLO-INDOOR	2			
10:00			LESWILLS BODYBALANCE	1			LESWILLS BODYVIVE	1			3		
10:15	LESWILLS BODYVIVE	1			GAP	1							
10:30	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING				
10:30			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT	pilates	1	LESWILLS BODYPUMP	GAP	1
11:00	GAP	1	CICLO-INDOOR	2	espalda sana	1	CICLO-INDOOR	2					
11:15											ABDOMEN	1	
11:30	ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			
12:00											CICLO-INDOOR	2	
13:00													
13:45	LESWILLS BODYPUMP	30'	STEP	1			LESWILLS BODYCOMBAT	1					
14:00					ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			
14:15													
14:30	CICLO-INDOOR	2	GAP	1	CICLO-INDOOR	2	LESWILLS BODYPUMP	1	CICLO-INDOOR	2			
15:30													
16:30	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT			
17:00													
17:15	GAP	1	LESWILLS BODYPUMP	1	GAP	1	Cardio Tonic	1					
17:45													
18:00	STEP	1			Cardio Tonic	1							
18:00	CICLO-INDOOR	2	YOGA	3	CICLO-INDOOR	2	YOGA	3					
18:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT					
18:15			LESWILLS BODYCOMBAT	1			LESWILLS BODYPUMP	1					
18:30													
18:45	Cardio Tonic	1			GAP	1			18:30 A 20:00 CLASE ESPECIAL VERANO MIX				
19:00	ABDOMEN 10'	3			ABDOMEN 10'	3							
19:15	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2					
19:15			ABDOMEN 15'	1			LESWILLS BODYBALANCE	1					
19:30	LESWILLS BODYBALANCE	3	pilates Y STRETCHING	3	LESWILLS BODYBALANCE	3	ABDOMEN 15'	3					
19:30	LESWILLS BODYPUMP	1	Cardio Tonic	1	STEP	1	GAP	3	LESWILLS BODYPUMP				
20:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	LESWILLS BODYCOMBAT				
20:00	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING						
20:15	CICLO-INDOOR	2			CICLO-INDOOR	2			20:15 A 22:00 SUPER SESSION				
20:15					LESWILLS BODYPUMP	1	LESWILLS BODYCOMBAT	1					
20:30	LESWILLS BODYCOMBAT	1	STEP	1			CICLO-INDOOR	2				CICLO-INDOOR	
20:30			CICLO-INDOOR	2									
20:30	GAP	3	GAP	3	Cardio Tonic	3							
21:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT					
21:15			JUSHIDO	1	LESWILLS BODYCOMBAT	1	JUSHIDO	1					
21:15	STRETCHING	3	YOGA		STRETCHING	3							
21:30	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2					



RESERVA OBLIGATORIA EN RECEPCIÓN PARA TODAS LAS CLASES COLOREADAS CON



HORARIO DE ACTIVIDADES COLECTIVAS

JUNIO (SEMANA ESPECIAL)

HORA	LUNES 21	S	MARTES 22	S	MIÉRCOLES 23	S	JUEVES 24	S	VIERNES 25	S	SABADO 26	S	
7:30	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT	WAKE UP	FIT			
8:15	CICLO-INDOOR	2			CICLO-INDOOR	2	LESWILLS BODYCOMBAT	1	LESWILLS BODYPUMP	1			
8:30			STEP	1									
9:15			BIG DANCE	1									
9:30	LESWILLS BODYPUMP	1			STEP	1			CICLO-INDOOR	2			
10:00			LESWILLS BODYBALANCE	1			LESWILLS BODYVIVE	1			3		
10:15	LESWILLS BODYVIVE	1			GAP	1							
10:30	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING				
10:30			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT	pilates	1	LESWILLS BODYPUMP	GAP	1
11:00	GAP	1	CICLO-INDOOR	2	espalda sana	1	CICLO-INDOOR	2					
11:15											ABDOMEN	1	
11:30	ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			
12:00											CICLO-INDOOR	2	
13:00													
13:45	LESWILLS BODYPUMP	30'	STEP	1			LESWILLS BODYCOMBAT	1					
14:00					ABDOMEN 15'	FIT			ABDOMEN 15'	FIT			
14:15													
14:30	CICLO-INDOOR	2	GAP	1	CICLO-INDOOR	2	LESWILLS BODYPUMP	1	CICLO-INDOOR	2			
15:30													
16:30	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT	ABDOMEN 15'	FIT			
17:00													
17:15	GAP	1	LESWILLS BODYPUMP	1	GAP	1	Cardio Tonic	1					
17:45													
18:00	STEP	1			Cardio Tonic	1							
18:00	CICLO-INDOOR	2	YOGA	3	CICLO-INDOOR	2	YOGA	3					
18:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT					
18:15			LESWILLS BODYCOMBAT	1			LESWILLS BODYPUMP	1					
18:30													
18:45	Cardio Tonic	1			GAP	1			18:30 A 20:00 CLASE ESPECIAL VERANO MIX				
19:00	ABDOMEN 10'	3			ABDOMEN 10'	3							
19:15	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2					
19:15			ABDOMEN 15'	1			LESWILLS BODYBALANCE	1					
19:30	LESWILLS BODYBALANCE	3	pilates Y STRETCHING	3	LESWILLS BODYBALANCE	3	ABDOMEN 15'	3					
19:30	LESWILLS BODYPUMP	1	Cardio Tonic	1	STEP	1	GAP	3	LESWILLS BODYPUMP				
20:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	LESWILLS BODYCOMBAT				
20:00	QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING		QUEDADA RUNNING						
20:15	CICLO-INDOOR	2			CICLO-INDOOR	2			20:15 A 22:00 SUPER SESSION				
20:15					LESWILLS BODYPUMP	1	LESWILLS BODYCOMBAT	1					
20:30	LESWILLS BODYCOMBAT	1	STEP	1			CICLO-INDOOR	2				CICLO-INDOOR	
20:30			CICLO-INDOOR	2									
20:30	GAP	3	GAP	3	Cardio Tonic	3							
21:00	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT	ABDOMEN 10'	FIT					
21:15			JUSHIDO	1	LESWILLS BODYCOMBAT	1	JUSHIDO	1					
21:15	STRETCHING	3	YOGA		STRETCHING	3							
21:30	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2	CICLO-INDOOR	2					



RESERVA OBLIGATORIA EN RECEPCIÓN PARA TODAS LAS CLASES COLOREADAS CON



