



L U N E S

08:50 a 09:50 hs		Circuito Aerobico	
10:00 a 11:00 hs	Reformer		
11:10 a 12:10 hs			
14:40 a 15:40 hs			
15:50 a 16:50 hs			
17:00 a 18:00 hs	Reformer		
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs	Reformer		
20:30 a 21:30 hs	Reformer		

M A R T E S

07:40 a 08:40 hs	Reformer		
08:50 a 09:50 hs	Reformer		
10:00 a 11:00 hs	Reformer		
11:10 a 12:10 hs			11:10 a 11:40 hs-Power Toner
14:40 a 15:40 hs			
15:50 a 16:50 hs			
17:00 a 18:00 hs			
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs	Reformer		
20:30 a 21:30 hs	Reformer		

M I E R C O L E S

07:40 a 08:40 hs	Reformer		
08:50 a 09:50 hs		Circuito Aerobico	
10:00 a 11:00 hs		ENTREN. FUNCIONAL	
11:10 a 12:10 hs			
15:50 a 16:50 hs			
17:00 a 18:00 hs	Reformer		
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs	Reformer		
20:30 a 21:30 hs	Reformer		

J U E V E S

07:40 a 08:40 hs	Reformer		
08:50 a 09:50 hs	Reformer		
10:00 a 11:00 hs	Reformer		
11:10 a 12:10 hs			11:10 a 11:40 - Power Toner
13:30 a 14:30 hs			
14:40 a 15:40 hs			
15:50 a 16:50 hs			
17:00 a 18:00 hs			
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs		Circuito Aerobico	
20:30 a 21:30 hs	Reformer		

V I E R N E S

07:40 a 08:40 hs	Reformer		
08:50 a 09:50 hs	Reformer		
10:00 a 11:00 hs	Reformer		
11:10 a 12:10 hs			11:10 a 11:40 - Power Toner
12:20 a 13:20 hs			
14:40 a 15:40 hs			
15:50 a 16:50 hs			
17:00 a 18:00 hs			
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs	Reformer		
20:30 a 21:30 hs			20:30 a 21:00 - Power Toner

S A B A D O

10:00 a 11:00 hs			10:30 a 11:00 - Power Toner
11:10 a 12:10 hs	Reformer		