



# Instituto Mirta de Fussi

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## F I S H E R T O N

[www.mirtadefussi.com.ar](http://www.mirtadefussi.com.ar)

### L U N E S

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	Reformer		
15:50 a 16:50 hs		Circuito Aerobico	
17:00 a 18:00 hs	Reformer		
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs		Circuito Aerobico	
20:30 a 21:30 hs	Reformer		

### M I E R C O L E S

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	Reformer		
15:50 a 16:50 hs		Circuito Aerobico	
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		

### V I E R N E S

17:00 a 18:00 hs			17:00 a 17:30 - Power Toner 17:30 a 18:00 - Power Toner
18:10 a 19:10 hs	Reformer		
19:20 a 20:20 hs	Reformer		

### S A B A D O

10:00 a 11:00 hs	Reformer		
11:10 a 12:10 hs	Reformer		

Actualizado a 1/09/12

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

### S A B A D O

10:00 a 11:00 hs			
11:10 a 12:10 hs	Reformer		

Actualizado a 24/08/12