



Horario / Sala	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
9:00 Sala Grande	AEROBOX	AEROLOCAL	INDOOR CYCLING	PERDIDA CALORIAS	G.A.P
15:00 Sala Grande	AEROLOCAL		G.A.P		INDOOR CYCLING
18:30 Sala Grande	STEPLOCAL	G.A.P	AEROBICA	AEROLOCAL	LOCALIZADA
19:30 Sala Chica	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING
19:30 Sala Grande	FULLBODY	AEROLOCAL	FULLBODY	G.A.P	AEROBOX
20:30 Sala Grande	JUMP IN	KRAV MAGA	JUMP IN	KRAV MAGA	G.A.P

SALA DE APARATOS Y MUSCULACION
de Lunes a Viernes de 9.00 a 21.30hs