



Horario / Sala	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
8:30 Sala 1	BODYSHAPE		LOCALIZADA	AEROLOCAL	BODYSHAPE
14:30 Sala 1					
17:30 Sala 2		BALLET NIÑAS		BALLET NIÑAS	
18:30 Sala 1	BODYSHAPE	AEROLOCAL	JUMP IN	AEROLOCAL	INDOOR CYCLING
19:30 Sala 1	FULLBODY	BODYSHAPE	RITMOS	FULLBODY	
19:30 Sala 2	INDOOR CYCLING	INDOOR CYCLING			INDOOR CYCLING
20:30 Sala 2			INDOOR CYCLING	INDOOR CYCLING	
20:30 Sala 1	A. FISICO		A. FISICO		A. FISICO

SALA DE APARATOS Y MUSCULACION
de Lunes a Viernes de 8.30 a 21.30hs