

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
5:30 AM	INDOOR CYCLING		INDOOR CYCLING		INDOOR CYCLING	
8:30 AM	HIIT	ZUMBA	XCO LATIN	HIIT	ABS	
9:15 AM						INDOOR CYCLING
9:30 AM						PUMP
10:30 AM						ZUMBA
4:30 PM	HIIT	STEP	HIIT	PUMP		
5:30 PM	ZUMBA		ZUMBA			
6:00 PM	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING	INDOOR CYCLING		
6:30 PM	XCO LATIN	COMBAT	XCO LATIN	COMBAT		
7:00 PM		PUMP		PUMP		