



**HORARIO CLASES COLECTIVAS**

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
<b>TONIFICACION 45</b> 9.30 a 10.15 Soraya	<b>SPINNING MIX</b> 9.30 a 10.20 Isabel	<b>STEP 45</b> 9.30 a 10.15 Soraya	<b>SPINNING MIX</b> 9.30 a 10.20 Isabel	<b>AERO-STYLE</b> 9.30 a 10.15 Soraya	
<b>STEP</b> 10.15 a 11.15 Soraya	<b>G.A.P.</b> 10.30 a 11.30 Isabel	<b>PILATES</b> 10.15 a 11.15 Soraya	<b>BODY FIT</b> 10.30 a 11.30 Isabel	<b>BALANCE</b> 10.15 a 11.15 Soraya	<b>SPINNING</b> 11 a 12 Isabel
<b>TONO- PILATES</b> 11.15 a 12.15 Jorge		<b>PILATES</b> 11.15 a 12.15 Jorge		<b>TONO- PILATES</b> 11.15 a 12.15 Jorge	<b>SPINNING</b> 12 a 13 Tony
	<b>NUEVA CLASE</b>		<b>NUEVA CLASE</b>		
<b>SPINNING</b> 14.15 a 15.15 Isabel	<b>PILATES</b> 14.15 a 15.15 Laura	<b>SPINNING</b> 14.15 a 15.15 Tony	<b>SPINNING</b> 14.15 a 15.15 Isabel	<b>PILATES</b> 14.15 a 15.15 Laura	<b>SPINNING</b> 14.15 a 15.15 TONY
<b>TONIFICACIÓN</b> 16.45 a 17.45 Isabel	<b>PILATES</b> 16.45 a 17.45 Laura	<b>TONIFICACIÓN</b> 16.45 a 17.45 Isabel	<b>PILATES</b> 16.45 a 17.45 Laura		
<b>nueva clase</b>					
<b>SPINNING</b> 18.30 a 19.30 LUIS	<b>TONIFICACIÓN</b> 18.30 a 19.30 Verónica	<b>ACONDICIONAMIENTO FISICO</b> 19. a 20 hs Gonzalo / M.Victoria	<b>PILATES/ STRECHING</b> 18.30 a 19.30 Verónica		
<b>CARDIO - TONO</b> 19.30 a 20.30 LUIS	<b>G.A.P.</b> 19.30 a 20.30 Verónica	<b>PILATES</b> 20 a 21 Laura	<b>COREOGRAFIAS-TONO</b> 19.30 a 20.30 Verónica	<b>YOGA</b> 20 a 21.30 Irene	
<b>PILATES</b> 20.30 a 21.30 Laura	<b>SPINNING</b> 20.30 a 21.15 Gonzalo	<b>P.FISICA X.TREME</b> 20 a 21 Jose	<b>SPINNING</b> 20.30 a 21.15 Gonzalo		
<b>CUERPO Y MENTE</b>	<b>TONIFICACION</b>	<b>CARDIO</b>	<b>PREPARACION FISICA</b>	<b>RITMO</b>	