

# HORARIOS FITNESS

## MAYO - ARTILLEROS



SALÓN		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:00AM	1		XFLORA		XFLORA		
	2	SEVEN SPINNING		SEVEN SPINNING		SEVEN SPINNING	
	3	SEVEN GRAVITY		SEVEN GRAVITY		SEVEN GRAVITY	
	4	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	
8:00AM	1	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN YOGA
	2		SEVEN SPINNING		SEVEN SPINNING		
	3	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY	
	4	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	
	ALBERCA	REHABILITACIÓN ACUÁTICA		REHABILITACIÓN ACUÁTICA		REHABILITACIÓN ACUÁTICA	
9:00AM	1	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN YOGA
	3	SEVEN GRAVITY	SEVEN GRAVITY RESTAURATIVO	SEVEN GRAVITY	SEVEN GRAVITY RESTAURATIVO	SEVEN GRAVITY	
	4	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	
	ALBERCA	REHABILITACIÓN ACUÁTICA	REHABILITACIÓN ACUÁTICA	REHABILITACIÓN ACUÁTICA	REHABILITACIÓN ACUÁTICA	REHABILITACIÓN ACUÁTICA	
	2	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING
12:30PM	ALBERCA	SEVEN AQUAFITNESS	SEVEN AQUAFITNESS	SEVEN AQUAFITNESS	SEVEN AQUAFITNESS	SEVEN AQUAFITNESS	
5:00PM	1	SEVEN BALLET kids	SEVEN TKD kids	SEVEN BALLET kids	SEVEN TKD kids		
	3	SEVEN YOGA RESTAURATIVO	SEVEN GRAVITY	SEVEN YOGA RESTAURATIVO	SEVEN GRAVITY		
	4	SEVEN BALLET kids		SEVEN BALLET kids		SEVEN YOGA RESTAURATIVO	
6:00PM	1	SEVEN DANCE	XFLORA	SEVEN DANCE	XFLORA	SEVEN ZUMBA	
	3	SEVEN GRAVITY		SEVEN GRAVITY			
	4	SEVEN BALLET	SEVEN FIT HOP	SEVEN BALLET	SEVEN RITMOS Y BAILES		
	2					SEVEN SPINNING	
7:00PM	1	SEVEN PILATES	SEVEN DANCE FIT	SEVEN PILATES	SEVEN DANCE FIT		
	2	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	
	3	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY		
	4	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN RITMOS Y BAILES	SEVEN YOGA	
	TRX	SEVEN FUNCTIONAL TRAINING	SEVEN TRX	SEVEN FUNCTIONAL TRAINING	SEVEN TRX		
8:00PM	2	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING	SEVEN SPINNING		
	1	SEVEN BARRE	SEVEN YOGA RESTAURATIVO	SEVEN BARRE	SEVEN YOGA RESTAURATIVO		
	3	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY	SEVEN GRAVITY		
	4	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA	SEVEN YOGA		
	TRX		SEVEN FUNCTIONAL TRAINING		SEVEN TRX		

\*SUJETO A CAMBIOS SIN PREVIO AVISO

#SOYSEVEN