

URBAN FITNESS ALBERTO AGUILERA.

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE
7:30-8H	ABD												ABD		
8-8:30H															
8:30-9H				GLUTEO						GLUTEO				ESTIRATE	
9-9:30H															
9:30-10H		MANTENIM		PILATES							BODY PUMP		TRX		
10-10:30			BIKE												
10:30-11h	ZUMBA		10-10:45			BIKE	ZUMBA			PILATES		BIKE	DANZA		BIKE
11-11:30H													ORIENTAL		10-10:45
11:30-12H		BODY PUMP			BODY BALANCE		YOGA	BODY COMBAT			BODY COMBAT		YOGA	BODY PUMP	
12-12:30H															
12:30-13H					BODY COMBAT										
14:30-15h															
15-15:30	PILATES	STEP	BIKE	ZUMBA		BIKE	PILATES	BODY PUMP	BIKE		BODY BALANCE	BIKE		STEP	
15:30-16h			14:30-15:15			14:30-15:15			14:30-15:15			14:30-15:15			
16-16:30								ABD							
18-18:30															
18:30-19h	TRX	ZUMBA		ZUMBA	BODY COMBAT		PILATES	STEP		PILATES	ZUMBA			BODY PUMP	
19-19:30			BIKE												
19:30-20h	PILATES	BODY PUMP	18:30-19:15	BODY BALANCE	STEP		MILITAR	BODY PUMP		GLUTEO	STEP		YOGA	BODY COMBAT	
20-20:30	ABD		BIKE			BIKE			BIKE	TRX		BIKE			BIKE
20:30-21h		BODY ATTACK	19:30-20:15	GLUTEO 10	BODY PUMP	19:30-20:15	ABD	BODY COMBAT	19:30-20:15	BODY BALANCE	BODY PUMP	19:30-20:15		BODY ATTACK	19:30-20:15
21-21:30			BIKE	TRX		BIKE			BIKE			BIKE			BIKE
21:30-22h	KICK BOXING	BODY COMBAT	20:30-21:15	YOGA	BODY ATTACK	20:30-21:15	KICK BOXING	ZUMBA	20:30-21:15	YOGA	BODY COMBAT	20:30-21:15			20:30-21:15
22:00-22:15			BIKE			BIKE									
			21:30-22:15			21:30-22:15									

	SABADO			DOMINGO		
HORA	BACK	UNDER	BIKE	BACK	UNDER	BIKE
10:30-11h						
11-11:30						
11:30-12h	ZUMBA	BODY PUMP			BODY COMBAT	
12-12:30		ABD			ABD	
12:30-13h						
13-13:30			BIKE			BIKE
13:30-14h			13-13:45			13-13:45
14-14:30						

HORARIO ORIENTATIVO.

Está sujeto a cambios según la dirección estime oportuno. Se requiere el uso de toalla para acceder a las clases.

No se permite el acceso a la actividad transcurridos 10 minutos desde el comienzo de la misma.

* Mínimo de 5 personas para impartirse la clase.

HORARIO: DE LUNES A VIERNES 7:00 - 23:30 - SÁBADOS 10:00 A 15:00 Y 17:00 A 22:00 - DOMINGOS Y FESTIVOS : 10:00 A 15:00

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