HORARIOS Y ACTIVIDADES

***Lunes a Jueves 9:30 a 14:00 / 17:15 a 22:00h - Viernes 9:30 a 14:00 / 18:00 a 20:00 - Sábados 11:00 a 14:00h***

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **HORAS** | **LUNES** | | **MARTES** | | **MIERCOLES** | | **JUEVES** | | **VIERNES** | |
| **MAÑANA** | | | | | | | | | |
| **09:30 a 10:00** | **Circuito MEI**  **9:45** | | **Pump** | | **Circuito MEI**  **9:45** | | **Pump** | | |  |
| **10:00 a 10:30** | **Balance** |
| **10:30 a 11:00** | **Baileactivo** | | **Pilates** | | **Baileactivo** | | **Pilates** | | |
| **11:00 a 11:30** | **Baileactivo** |
| **11:30 a 12:00** |  | |  | |  | |  | | |
|  | **TARDES - NOCHES** | | | | | | | | | |
| **17:30 a 18:00** |  | | **Baileactivo** | |  | | **Baileactivo** | | |  |
| **18:00 a 18:30** | **Yoga** |  | **Baileactivo** |  | **Baileactivo** |
| **18:30 a 19:00** | **TRX** | **Balance** |  | **TRX** | **Balance** |  | |
| **19:00 a 19:30** | **Pump** | **Pilates** | **ABS** | **Pump** | **Pilates** | **ABS** | | **Pump** |
| **19:30 a 20:00** | **Combat** | |  | **Hit Training** | |
| **20:00 a 20:30** | **TRX** | | **TRX** | |  |  |
| **20:30 a 21:00** | **Baileactivo** | | **Circuito MEI** | | **Yoga** | | **Baileactivo** |  | |  |
| **21:00 a 21:30** |  | |  |
| **SABADOS** |  | |  | |  | |  | | |  |
| **10.30 a 11:30** | **Balance** | | ***NOTA IMPORTANTE****: Se les recomienda* ***por su seguridad*** *no entrar a la clase una vez* ***pasado 10min.***  *Todos los horarios, clases y monitores están sujetos a modificaciones y/o cambios según las necesidades del centro sin previo aviso – Uso* ***OBLIGATORIO*** *de toallas en* ***TODAS LAS CLASES*** | | | | | | | |
| **11:30 a 12:15** | **Circuito MEI** | |
| **12:30 a 13:30** | **Baileactivo** | |

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|  | Cuerpo-Mente |  | Coreografías |  | Tonificación-Cardio |  | Baile-Fitness |



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