

CLASES DIRIGIDAS 2020

LUNES		N3 FIT	MARTES		N3 FIT	MIERCOLES		N3 FIT	JUEVES FESTIVO		N3 FIT	VIERNES		N3 FIT		
SALA A	SALA B	CYCLING	SALA A	SALA B	CYCLING	SALA A	SALA B	CYCLING	SALA A	SALA B	CYCLING	SALA A	SALA B	CYCLING		
		7:30	7.05-8.00 BODY PUMP	7.00 - 8.00 JIU JITSU 8.00-8.25 25' PILATES	7:30		7.45-8.15 30' ESPALDA SANA 8.20-8.45 25' ESPALDA SANA	7:30	FESTIVO		7:30		7.00-9.00 JIU JITSU	7:30		
9.00-9.55 TOTAL BODY		CICLO TV 10.00	9.00-9.55 ZUMBA		CICLO TV	9.00-9.55 TOTAL BODY		CICLO TV			CICLO TV	11:00		9.00-9.55 ESPALDA SANA	CICLO TV	
10.05-11.00 PILATES	10.00-11.30 WINGSUN TAOWS	11:05	10.00-10.55 BODY PUMP	9.00-9.55 TOTAL BODY	11:00	10.00-10.55 ZUMBA	10.00-10.55 PILATES	10.00				11:05	10.00-10.55 ZUMBA	10.00-11.30 WINGSUN TAOWS	11:05	
11.30 - 13.00 ESCRIMA CONCEPTS	11.30-13.00 MUAY THAI-K1	CICLO TV	11.00-12.00 YOGUILATES	10.00-12.00 WING REVOLUTION	11:05	11.30 - 13.00 ESCRIMA CONCEPTS	10.00-11.30 WINGSUN TAOWS	11.05				11:05		12.00-13.15 MUAY THAI- K1	CICLO TV	
14.00-14.35 30' B.PUMP T.Sup	13.30-14.30 TAEKWONDO	14.30	14-14.40 40' TOTAL CORE	13.00 - 14.00 JIU JITSU	14.00	14-14.30 30' B. PUMP EXPRESS	13.30-14.30 TAEKWONDO	14.30				14.00		14.35-15 25' HIPOPRESIVOS	13.15-14.30 JIU JITSU	14.30
14.37-15.00 30' B.PUMP T.Inf	14.35-15 25' HIPOPRESIVOS	14.30	14.40-15 20' STRETCHING	14.15-15.15 BOOT CAMP	15.15	14.35-15.30 ZUMBA	14.30-15.00 30' TOTAL BODY	14.30				15.15	15.05-15.30 25' STRETCHING			14.30
15.30-16 30' TOTAL CORE	15.05-15.30 25' STRETCHING	14.30	15.05-15.30 25' BODY PUMP	15.15-15.45 30' BODY MIND	15.15		15.05-15.30 25' TOTAL BODY	14.30				15.15		15:35-16 25' TOTAL CORE	14.35-15.30 BOOT CAMP	
16.05-16.30 25' TOTAL BODY		CICLO TV	15.35-16.00 25' BODY PUMP	15.45-16.10 25' BODY MIND		15.35-16.00 25' TOTAL CORE	16.00-17.00 BOXEO					CICLO TV	16.05-16.30 25' TOTAL BODY	16.00-17.30 BOXEO	CICLO TV	
17.30-18 30' CARDIO XPRESS	16.00-17.00 BOXEO	CICLO TV	17-17.25 25' CARDIO EXPRESS		CICLO TV	16.05-16.30 25' TOTAL BODY	17.00-18.00 TAEKWONDO INFANTIL					CICLO TV	17.30-18.25 STEP			
18.05-18.30 25' TOTAL BODY	17.00-18.00 TAEKWONDO INFANTIL	18:30	17.30-17.55 25' P.E.B.		18.00	17-17.25 25' HIPOPRESIVOS	17.30-19.00 WINGSUN TAOWS	18:30				18.00		17.30-19.00 WINGSUN TAOWS		
18.35-19 25' HIPOPRESIVOS	18.00-19.00 AIKIDO	19.00	18-18.25 25' STRETCHING	18.00-19.30 AIKIDO	19.00	17:30-18.25 ZUMBA		19.00				19.00			19.00-20.00 FULL - KICK BOXING	
19.05-19.30 25' STRETCHING	19.00-20.00 MUAY THAI- K1	19.30	18.30-18.55 25' TOTAL CORE		19.00	18.30-19 30' TOTAL BODY	19.00-20.00 MUAY THAI- K1	19.30				19.00		20.00-21.00 WING REVOLUTION	20.00-22.00 JIU JITSU	CICLO TV
19.35-20.00 25' TOTAL CORE	20.00-21.00 WING REVOLUTION	19.30	19.00-19.55 STEP		19.00	20.15-21.30 YOGA	20.00-21.00 WING REVOLUTION	19.30				19.00				
20.05-21.00 ZUMBA	21.00-22.00 FULL CONTACT - KICK BOXING	CICLO TV	20.00-20.55 ZUMBA	20.30-22.00 BOXEO	CICLO TV		21.00-22.00 FULL - KICK BOXING					CICLO TV				
			20.30-22.00 WINGSUN TAOWS													

Sábado: 11:00-11:45 N3CYCLING

Sala A Sábado: 10:30-12:00 WING REVOLUTION / Sala B Sábado y Domingo: 10.30-12:00 BOXEO 12:00 -14:00 JIU JITSU