



Grilla Fitness

LUNES

7:00
Cross Funcional

8:00
Fit Boxing

9:00
Power Local

16:00
Cross Funcional

17:00
Power Local

17:00
Streching

18:00
Cross Funcional

18:00
Yoga

19:00
Fit Boxing

19:00
Zumba

MARTES

7:00
Power Local

8:00
Cross Funcional

9:00
Weight

9:00
Zumba

16:00
Weight

17:00
Power Local

17:00
Ballet Kids

18:00
Cross Funcional

18:00
Pilates Mat

19:00
Weight

19:00
Barre

MIERCOLES

7:00
Cross Funcional

8:00
Fit Boxing

9:00
Power Local

16:00
Cross Funcional

17:00
Power Local

17:00
Streching

18:00
Cross Funcional

18:00
Yoga

19:00
Fit Boxing

19:00
Zumba

JUEVES

7:00
Power Local

8:00
Cross Funcional

9:00
Weight

9:00
Zumba

16:00
Weight

16:00
Ballet

17:00
Power Local

17:00
Ballet Kids

18:00
Cross Funcional

18:00
Pilates Mat

19:00
Weight

19:00
Barre

VIERNES

7:00
Cross Funcional

8:00
Fit Boxing

9:00
Power Local

16:00
Cross Funcional

17:00
Power Local

17:00
Streching

18:00
Cross Funcional

18:00
Yoga

19:00
Fit Boxing

19:00
Zumba

SABADO

10:00
Power Local

11:00
100% ABS

11:00
Zumba

12:00
Tango

LUNES

7 a 20
Circuit

10 a 16
Open Box

MARTES

7 a 20
Circuit

10 a 16
Open Box

MIERCOLES

7 a 20
Circuit

10 a 16
Open Box

JUEVES

7 a 20
Circuit

10 a 16
Open Box

VIERNES

7 a 20
Circuit

10 a 16
Open Box

SABADO

9 a 13
Circuit

9 a 11:30
Open Box