

Itinerario de clases

BAYAMÓN

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:15 AM	SPINNING		SPINNING		SPINNING	
9:00 AM		BODY CIRCUIT		BODY CIRCUIT	POWER CORE	
9:30 AM						SPINNING
10:30AM						BODY CIRCUIT
5:30 PM	BODY CIRCUIT	BARRBELL CIRCUIT	FITNESS BOXING	BARRBELL CIRCUIT		
6:30 PM	SPINNING	SPINNING	SPINNING	SPINNING	MMA	
6:30 PM		BOOTY LAB		BOOTY LAB		
7:30 PM	FITNESS BOXING	DANCE	FITNESS BOXING	DANCE		
7:30 PM	SPINNING		SPINNING			
8:30 PM				MMA		