



MARZO 2020

SALÓN 1

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
HORARIO	COACH LHIL	COACH LUCERITO	COACH MANUEL	COACH LHIL	COACH LUCERITO	COACH MANUEL
6:00 AM	FUNCTIONAL				FUNCTIONAL	
7:00 AM	CONDICIÓN TOTAL	FUNCTIONAL	DINAMIC DANCE	AERÒBICOS	DINAMIC DANCE	
8:00 AM		DINAMIC DANCE	FUNCTIONAL	FUNCTIONAL		
8:30 AM						FUNCTIONAL
9:30 AM						STRONG BY ZUMBA
11:00 AM						
5:30 PM	DINAMIC "WOD"	FUNCTIONAL	DINAMIC DANCE	FUNCTIONAL "PISTA"	FUNCTIONAL	
6:30 PM	AERÒBICOS	DINAMIC DANCE	FUNCTIONAL	FUNCTIONAL	DINAMIC "WOD"	
7:30 PM	FUNCTIONAL			CONDICIÓN TOTAL	DINAMIC DANCE	



MARZO 2020

CYCLING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
HORARIO	COACH LHIL	COACH LUCERITO	COACH MANUEL	COACH LHIL	COACH LUCERITO	COACH MANUEL
6:00 AM		CYCLING	CYCLING	CYCLING		
7:00 AM						
8:00 AM	CYCLING				CYCLING	
8:30 AM						
9:30 AM						
11:00 AM						CYCLING
5:30 PM	CYCLING			CYCLING		
6:30 PM					CYCLING	
7:30 PM		CYCLING	CYCLING			



HORARIOS CENTRO 21

MARZO 2020

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
HORARIO	COACH LIHL	COACH LUCERITO	COACH MANUEL	COACH LIHL	COACH LUCERITO	COACH MANUEL
6:00 AM	FUNCTIONAL	CYCLING	CYCLING	CYCLING CIRCUITO EXTREMO (PISTA)	FUNCTIONAL	
7:00 AM	CONDICIÓN TOTAL CIRCUITO EXTREMO (PISTA)	FUNCTIONAL	DINAMIC DANCE	AERÒBICOS	DINAMIC DANCE	
8:00 AM	CYCLING	DINAMIC DANCE	FUNCTIONAL	FUNCTIONAL	CYCLING	
8:30 AM						FUNCTIONAL
9:30 AM						STRONG BY ZUMBA
11:00 AM						CYCLING
5:30 PM	DINAMIC "WOD" CYCLING	FUNCTIONAL	DINAMIC DANCE	FUNCTIONAL "PISTA" CYCLING	FUNCTIONAL	
6:30 PM	AERÒBICOS CIRCUITO EXTREMO (PISTA)	DINAMIC DANCE	FUNCTIONAL CIRCUITO EXTREMO (PISTA)	FUNCTIONAL	DINAMIC "WOD" CYCLING	
7:30 PM	FUNCTIONAL	CYCLING	CYCLING	CONDICIÓN TOTAL	DINAMIC DANCE	