

SALA HOT

Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	domingo
		7:00 Hot Hit Abs	7:30 Hot Power	7:00 Hot Pilates	7:30 Hot Barre		
	8:30 Hot Barre			8:30 Hot Barre			
	9:30 Hot Pilates	9:30 Hot Pilates				9:30 Pilates	9:30 Barre
	10:30 Hot Power		10:00 Hot Barre	10:00 Hot Power	10:00 Hot Hit Abs	10:30 Hot Barre	10:30 Hot Power
						11:30 Hot Power	11:30 Hot Pilates
						12:30 Reformer Classic	12:30 Reformer Classic
13:15	Hot Pilates	Barre	Hot Power	Pilates	Hot Barre		
14:15	Hot Barre	Hot Power	Hot Pilates	Hot Barre	Hot Power		
16:30	Power	Hot Pilates	17:00 Barre	Hot Power	Pilates		
	18:00 Hot Pilates	18:00 Hot Barre	18:30 Hot Power	18:00 Hot Pilates	18:00 Hot Barre		
	19:30 Hot Barre	19:30 Hot Dance Burn	19:30 Hot Yoga	19:30 Hot Barre	19:30 Power		
		20:30 Hot Pilates	20:30 Hot Barre	20:30 Hot Stretch & Meditation			
SALA REFORMER							
Hora	Lunes	Martes	Miércoles	Jueves	Viernes		
8:30	7:30 Reformer Classic	Reformer Classic	Reformer Classic	Reformer Classic	Reformer Classic		
9:30				Reformer Classic			
11:30	Reformer Classic	12:00 Reformer Classic	Reformer Classic	12:00 Reformer Classic	Reformer Classic		
13:30	Reformer Classic		Reformer Classic		Reformer Classic		
	17:30 Reformer Classic	17:00 Reformer Adv	17:30 Reformer Classic	17:00 Reformer Adv	17:00 Reformer Classic		
	18:30 Reformer Adv	18:00 Reformer Classic	18:30 Reformer Adv	18:30 Reformer Classic	18:00 Reformer Adv		
	20:00 Reformer Classic	19:30 Reformer Classic	20:00 Reformer Classic	19:30 Reformer Classic	19:00 Reformer Classic		