



FITNESS ONE RUS

HORARIOS

LUNES	5:00 AM	6:00 AM	7:00 AM	8:30 AM	9:30 AM	10:00 AM	12:15 PM	1:00 PM	3:30 PM	5:00 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM
	INDBIKE ALEX FIT FERNANDO	INBIKE KAREN AEROBICOS ALEX FIT FERNANDO	INDBIKE KAREN KICK BOXING MAIRA ELIAS	BAILE FREDY	BODYPUMP MAIRA ELIAS FIT KAREN			INDBIKE EDWIN	YOGA MEME			BAILE FREDY INDBIKE EDWIN	INDBIKE ALEX FIT Edwin KICK BOXING VAMPIRO	INDBIKE ALEX YOGA OLGA FIT EDWIN
MARTES	5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 PM	12:00 PM	1:00 PM	5:00 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM
	INDBIKE EDWIN FIT VINICIO	INBIKE EDWIN YOGA SARA FIT VINICIO	AEROBICOS ALEX	INDBIKE EDWIN	BODYPUMP EDWIN	CORE JOHANA			BODYPUMP EDWIN	BAILE FREDY.		BAILE FREDY. INDBIKE ALEX	INDBIKE ALEX FIT FERNANDO BODYPUMP EDWIN	INDBIKE ROGER FIT FERNANDO YOGA MEME AQUA PABLO YAC
MIÉRCOLES	5:00 AM	6:00 AM	7:00 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	12:15 PM	12:30 PM	5:00 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM
	INDBIKE Alex FIT EDWIN	INBIKE EDWIN FIT FERNANDO AEROBICOS JOSE TURCIOS	BAILE JOSE TURCIOS	YOGA SARA	INDBIKE EDWIN	FIT Fernando	AQUA PABLO YAC	INDBIKE ALEX	YOGA MEME 1:00 PM			INDBIKE Edwin YOGA Olga	INDBIKE Karen FIT EDWIN AEROBICOS ALEX	INDBIKE Karen FIT FERNANDO KICK BOXING VAMPIRO
JUEVES	5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	9:30 AM	10:30 AM	12:00 PM	1:00 PM	5:00 PM	5:30 PM	6:30 PM	7:30 PM	8:30 PM
	INBIKE EDWIN	INDBIKE EDWIN FIT Ivan YOGA OLGA	FIT Ivan AEROBICOS JOSE TURCIOS	BAILE JOSE TURCIOS	YOGA OLGA (SALON FIT)			BODYPUMP EDWIN	BAILE FREDY			INDBIKE ALEX TBC EDWIN	INDBIKE ALEX FIT Ivan BODYPUMP EDWIN	INDBIKE ALEX FIT Ivan BAILE JOSE TURCIOS
VIERNES	5:00 AM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	9:30 AM	11:00 AM	12:15 PM	1:00 PM	3:30 PM	4:30 PM	5:30 PM	6:30 PM	7:30 PM
	INDBIKE ALEX FIT EDWIN	INDBIKE EDWIN FIT FERNANDO KICK BOXING VAMPIRO	INDBIKE EDWIN CARDIO PATY VAMPIRO		BAILE FREDY	FIT FERNANDO			INDBIKE ALEX	YOGA MEME				FIT FERNANDO AEROBICOS ALEX
SÁBADO	6:30 AM	7:00 AM	9:30 AM	10:30 AM	11:00 AM	11:30 AM	1:00 PM							
		SARA YOGA Salón FIT INDBIKE EDWIN CARDIO PARTY VAMPIRO	FIT 90 MIN MAIRA ELIAS		INDBIKE ALEX			BAILE FREDY L.						