# FITNESS ONE CAYALÁ

## Mayo 2019

# HORARIOS

### LUNES

| 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 PM | 12:30 PM | 1:00 PM | 4:30 PM | 5:30 PM | 6:30 PM | 7:30 PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **INDBIKE**<br>ROGER | **INDBIKE**<br>ROGER<br>**FIT**<br>IVAN | **INDBIKE**<br>IVAN<br>**YOGA SARA**<br>**CALISTENIA**<br>OTTO | **INDBIKE**<br>ROGER<br>**FIT**<br>IVAN<br>**PILATES R**<br>OTTO<br>**STEP**<br>MANUEL | **YOGA SARA**<br>**PILATES R**<br>OTTO<br>CONDITIONING<br>TRAINING<br>MANUEL<br>**AQUA**<br>ISABEL | | | **FIT**<br>IVAN | | | | **INDBIKE**<br>CONCHITA<br>**FIT**<br>MANUEL<br>**YOGA**<br>SARA<br>**BAILE**<br>MARIO. V | **BODYCOMBAT**<br>**MARIO. V**<br>**INDBIKE**<br>CONCHITA<br>**FIT**<br>MANUEL<br>**YOGA**<br>SARA<br>**PILATES R**<br>OTTO | **INDBIKE**<br>CONCHITA<br>**ABS CARDIO**<br>**MARIO V.** |

### MARTES

| 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 PM | 12:30 PM | 1:00 PM | 4:30 PM | 5:30 PM | 6:30 PM | 7:30 PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **INDBIKE**<br>GUERDA<br>**BAILE**<br>MAIRA<br>**CALISTENIA**<br>OTTO | **INDBIKE**<br>GUERDA<br>**KICKBOXING**<br>MANUEL<br>**CALISTENIA**<br>OTTO | **INDBIKE**<br>GUERDA<br>**SPEED FIT**<br>MANUEL<br>**TBC**<br>MAIRA | **PILATES R**<br>OTTO<br>**YOGA**<br>MICHELLE<br>**BAILE** MAIRA<br>**AQUA** ISABEL | | | | **INDBIKE**<br>LAURA<br>**CALISTENIA**<br>OTTO | | | **INDBIKE** LAURA<br>**FIT CIRCUITO**<br>IVAN<br>**BODY BALANCE**<br>FABIAN<br>**BAILE** JOSE<br>TURCIOS<br>**PILATES R**<br>OTTO | **INDBIKE** LAURA<br>**FIT WORKOUT**<br>**IVAN**<br>**YOGA** FABIAN<br>**BAILE**<br>JOSE TURCIOS<br>**PILATES R**<br>OTTO | **INDBIKE**<br>LAURA |

### MIÉRCOLES

| 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 PM | 12:30 PM | 5:30 PM | 6:00 PM | 6:30 PM | 7:00 PM | 7:30 PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **INDBIKE**<br>ROGER | **INDBIKE**<br>ROGER<br>**FIT**<br>IVAN<br>**BODY WEIGHT**<br>OTTO | **INDBIKE**<br>ROGER<br>**FIT**<br>IVAN<br>**PILATES R**<br>OTTO | **INDBIKE**<br>ROGER<br>**FIT** IVAN<br>**STEP**<br>MANUEL<br>**PILATES R**<br>OTTO | **YOGA** MEME<br>**SPEED FIT**<br>MANUEL<br>**PILATES R**<br>OTTO<br>**AQUA**<br>ISABEL | | | | **INDBIKE**<br>IVAN<br>**CALISTENIA**<br>OTTO | **INDBIKE**<br>IVAN<br>**FIT**<br>MANUEL<br>**YOGA**<br>MICHELLE | **BAILE JOSE**<br>**TURCIOS** | **INDBIKE**<br>ROGER<br>**FIT**<br>MANUEL<br>**YOGA**<br>MICHELLE<br>**PILATES R**<br>OTTO | **BAILE JOSE**<br>**TURCIOS** | **INDBIKE**<br>ROGER<br>**FIT**<br>IVAN |

### JUEVES

| 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 AM | 12:30 PM | 1:00 PM | 4:30 PM | 5:30 PM | 6:30 PM | 7:30 PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **INDBIKE**<br>GUERDA<br>**FIT**<br>MARVIN<br>**BODYCOMBAT**<br>MARIO.V | **INDBIKE**<br>GUERDA<br>**BODY PUMP**<br>MARVIN<br>**FULL DANCE**<br>MARIO. V | **INDBIKE**<br>LAURA<br>**SPEED FIT**<br>MANUEL<br>**BODY BALANCE**<br>MEME<br>**TBC**<br>MARIO. V | **YOGA**<br>MEME<br>**ZUMBA**<br>MARVIN<br>**PILATES R**<br>OTTO | | | **FIT**<br>IVAN | **INDBIKE**<br>LAURA | | | **INDBIKE**<br>GUERDA<br>**FIT CIRCUITO**<br>WAGA<br>**YOGA** FABIAN<br>**STEP** MANUEL<br>**PILATES R**<br>OTTO | **INDBIKE**<br>GUERDA<br>**KETTLEBELTS**<br>WAGA<br>**BODY BALANCE**<br>FABIAN<br>**ABS** MANUEL<br>**PILATES R**<br>OTTO | |

### VIERNES

| 5:00 AM | 6:00 AM | 7:00 AM | 8:00 AM | 9:00 AM | 10:00 AM | 11:00 AM | 12:00 PM | 12:30 PM | 1:00 PM | 4:30 PM | 5:30 PM | 6:30 PM | 7:30 PM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **INDBIKE**<br>ROGER | **INDBIKE** IVAN<br>**FIT POWER**<br>**MARIO V.**<br>**BAILE 6:30 AM**<br>**90 MIN**<br>JOSE T. | **INDBIKE**<br>IVAN<br>**FIT POWER**<br>**MARIO V.**<br>**YOGA** SARA<br>**PILATES R**<br>OTTO | **INDBIKE**<br>IVAN<br>**FIT SPEED**<br>**MARIO V.**<br>**STEP** MANUEL<br>**PILATES R**<br>OTTO | **YOGA** SARA<br>**PILATES R**<br>OTTO<br>**TBC**<br>MANUEL<br>**AQUA**<br>ISABEL | | | | | | | **INDBIKE**<br>IVAN<br>**POWER FIT**<br>**MARIO**<br>**VENTURA**<br>**YOGA**<br>MICHELLE | **INDBIKE**<br>IVAN<br>**BODY**<br>**BALANCE**<br>MICHELLE | |

### SÁBADO

| 7:00 AM | 8:00 AM | 8:30 AM | 9:00 AM | 10:00 AM | 10:30 AM | 11:00 AM |
|---|---|---|---|---|---|---|
| **INDBIKE**<br>TEMATICA | **INDBIKE**<br>TEMATICA<br>**FIT 100 min**<br>MARVIN<br>**BODY WEGITH**<br>OTTO | | **YOGA**<br>MEME<br>**PILATES R**<br>OTTO | **INDBIKE**<br>TEMATICA | | |