



# 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 VAMPIRO	BAILE FREDY	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				BODYPUMP EDWIN	BAILE FREDY.		INDBIKE ALEX  BAILE FREDY.	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	8:00 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
	INDBIKE EDWIN	INDBIKE EDWIN  FIT Ivan  YOGA OLGA	FIT Ivan  AEROBICOS	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	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							
		INDBIKE EDWIN  YOGA SARA	FIT MAIRA	FIT MAIRA	INDBIKE ALEX		BAILE FREDY L.							