FITNESS ONE CAYALÁ

AGOSTO 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 ROGER	**INDBIKE** ROGER **FIT** IVAN	**INDBIKE** IVAN **YOGA** SARA **CALISTENIC** **PROGRESIVO** OTTO	**INDBIKE** ROGER **FIT** IVAN **PILATES R** OTTO **STEP** **MANUEL**	**YOGA** SARA **PILATES R** OTTO CONDITIONING TRAINING MANUEL **AQUA** ISABEL			**FIT** IVAN				**INDBIKE** **CONCHITA** **FIT** MANUEL **YOGA** SARA **BAILE 100 MIN** MARIO. V	**INDBIKE** CONCHITA **FIT** MANUEL **YOGA** SARA **PILATES R** OTTO	**INDBIKE** CONCHITA **TBC 7:10 PM** **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 GUERDA **BAILE** MAIRA **CALISTENIC** **PROGRESIVO** OTTO	**INDBIKE** GUERDA **KICKBOXING** MANUEL **CALISTENIC** **PROGRESIVO** OTTO	**INDBIKE** GUERDA **SPEED FIT** MANUEL **TBC** MAIRA	**PILATES R** OTTO **YOGA** MICHELLE **BAILE** MAIRA **AQUA** ISABEL				**INDBIKE** LAURA **CALISTENIC** **PROGRESIVO** OTTO			**INDBIKE** LAURA **FIT CIRCUITO** IVAN **YOGA** FABIAN **BAILE** JOSE TURCIOS **PILATES R** OTTO	**INDBIKE** LAURA **FIT WORKOUT** **IVAN** **YOGA** FABIAN **BAILE** JOSE TURCIOS **PILATES R** OTTO	**INDBIKE** 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 ROGER	**INDBIKE** ROGER **FIT** IVAN **BODY WEIGHT** OTTO	**INDBIKE** ROGER **FIT** IVAN **PILATES R** OTTO	**INDBIKE** ROGER **FIT** IVAN **STEP** MANUEL **PILATES R** OTTO	**YOGA** MEME **SPEED FIT** MANUEL **PILATES R** OTTO **AQUA** ISABEL				**INDBIKE** IVAN	**INDBIKE** IVAN **FIT** MANUEL **YOGA** MICHELLE	**BAILE JOSE** **TURCIOS**	**INDBIKE** ROGER **FIT** MANUEL **YOGA** MICHELLE **PILATES R** OTTO	**BAILE JOSE** **TURCIOS**	**INDBIKE** ROGER **FIT** 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 GUERDA **CONDITIONING** **VINICIO** **KICK BOXING** MARIO.	**INDBIKE** GUERDA CONDITIONING VINICIO **FULL DANCE** MARIO.	**INDBIKE** LAURA **SPEED FIT** MANUEL **YOGA** MEME **TBC MARIO V.**	**YOGA** MEME **BAILE** MAIRA **PILATES R** OTTO			**FIT** IVAN	**INDBIKE** LAURA			**INDBIKE** GUERDA **FIT** VINICIO **YOGA** FABIAN **STEP** MANUEL **PILATES R** OTTO	**INDBIKE** GUERDA **FIT** VINICIO **YOGA** FABIAN **ABS** MANUEL **PILATES R** 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 ROGER	**INDBIKE** IVAN **FIT POWER** **MARIO V.** **BAILE 6:30AM** **100 MIN** JOSE T.	**INDBIKE** IVAN **FIT POWER** **MARIO V.** **YOGA** SARA **PILATES R** OTTO	**INDBIKE** IVAN **FIT POWER** **MARIO V.** **STEP** MANUEL **PILATES R** OTTO	**YOGA** SARA **PILATES R** OTTO **TBC** MANUEL **AQUA** ISABEL							**INDBIKE** IVAN **POWER FIT** **MARIO** **VENTURA** **YOGA** MICHELLE	**INDBIKE** IVAN **YOGA** MICHELLE	

SÁBADO

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