

# HORARIO DE CLASES GRUPALES

## SAN PEDRO CHOLULA, PUEBLA



HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00 AM - 7:00 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
	ENTRENAMIENTO EN SUSPENSIÓN		ENTRENAMIENTO EN SUSPENSIÓN		ENTRENAMIENTO EN SUSPENSIÓN	
7:00 AM - 8:00 AM	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	
	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
	YOGA	PILATES	YOGA	PILATES	YOGA	
	KICKBOXING	BOX	KICKBOXING	BOX	KICKBOXING	
8:00 AM - 9:00 AM	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	
	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
	TRAMPOLÍN	dance <sup>fit!</sup>	RITMOS LATINOS	dance <sup>fit!</sup>	TRAMPOLÍN	
	COMBAT	COMBAT	COMBAT	RITMOS LATINOS	dance <sup>fit!</sup>	
9:00 AM - 10:00 AM	POWER PUMP	BEST CYCLING 🦋	POWER PUMP	BEST CYCLING 🦋	POWER PUMP	BEST CYCLING 🦋
						CROSS TRAINING
10:00 AM - 11:00 AM						COMBAT
6:00 PM - 7:00 PM	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	
	dance <sup>fit!</sup>	RITMOS LATINOS	dance <sup>fit!</sup>	RITMOS LATINOS	dance <sup>fit!</sup>	
7:00 PM - 8:00 PM	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	
	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
	ENTRENAMIENTO EN SUSPENSIÓN	COMBAT	ENTRENAMIENTO EN SUSPENSIÓN	COMBAT	TRAMPOLÍN	
	KICKBOXING	BOX	KICKBOXING	BOX	KICKBOXING	
8:00 PM - 9:00 PM	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	BEST CYCLING 🦋	ENTRENAMIENTO EN SUSPENSIÓN	
	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
	MMA	PILATES	MMA	PILATES	MMA	
	TRAMPOLÍN	JIU JITSU	TRAMPOLÍN	JIU JITSU		
9:00 PM - 10:00 PM	YOGA	YOGA	YOGA	YOGA		

ESTE HORARIO ESTÁ SUJETO A CAMBIOS SIN PREVIO AVISO (YA SEA DE HORA, CLASE GRUPAL O MAESTRO)