

HORARIO DE CLASES GRUPALES

MI PLAZA, LA PAZ

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|
| 7:00 AM - 8:00 AM | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 |
| | PILATES | GAP | PILATES | GAP | PILATES |
| 8:00 AM - 9:00 AM | YOGA HATHA SOUL | YOGA VINYASA | YOGA HATHA SOUL | YOGA VINYASA FLOW | YOGA HATHA SOUL |
| | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 |
| 9:00 AM - 10:00 AM | BALANCE | ENTREN. EN SUSPENSIÓN | BALANCE | ENTREN. EN SUSPENSIÓN | BALANCE |
| 6:00 PM - 7:00 PM | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 |
| | RITMOS LATINOS | PILATES | RITMOS LATINOS | PILATES | RITMOS LATINOS |
| 7:00 PM - 8:00 PM | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | CLASES A BENEFICIO DE  Cima FUNDACIÓN www.cimafundacion.org DANCE FIT 7-8 YOGA 8-9 |
| | YOGA ASHTANGA | YOGA ASHTANGA | YOGA HATHA | YOGA ASHTANGA | |
| 8:00 PM - 9:00 PM | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | BEST CYCLING 🦋 | |
| | TRAMPOLÍN | dance _{fit!} | TRAMPOLÍN | dance _{fit!} | |
| 9:00 PM - 10:00 PM | ENTREN. EN SUSPENSIÓN | | ENTREN. EN SUSPENSIÓN | | ENTREN. EN SUSPENSIÓN |

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