

CLASES DIRIGIDAS

	LUN	MAR	MIÉR	JUE	VIER	SÁB	DOM
7:30 A 8:30	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL
9:30 A 10:30	FUNCION TRANING	GAP	FUNCION TRAINING	FUNCION TRAINING	YOGA* 9:00-10:00	BORN TO MOVE* 6-7 AÑOS	CROSS TRAINING
11:00 A 12:00	GAP	CORE	GAP	GAP	STRONG HIIT	ZUMBA	BORN TO MOVE* 4-5 AÑOS
13:00 A 14:00	PILATES* 12:30-13:30	BODY BALANCE VIRTUAL	YOGA* 12:30-13:30	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL		
14:30 A 15:30	CROSS TRAINING	FUNCION TRAINING	CORE	CORE	GAP		
16:30 A 17:30	ZUMBA	GAP	ZUMBA	FUNCION TRAINING	STRONG HIT	GAP	GAP
18:00 A 19:00	CORE	STRONG HIIT	GAP	HIT	DANCE FIT	DANCE FIT	
19:30 A 20:30	YOGA*	ZUMBA	PILATES*	ZUMBA	CORE		

* COSTE ADICIONAL

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