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|--|--|---|--|--|--|---|
| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
| HORARIO DIURNO (AM) | | | | | | |
| 8:00AM | |  PILATES Group Reformer H: 8:15 AM-9:15 AM I: Lieschen Pilates Studio | |  PILATES Group Reformer H: 8:15 AM-9:15 AM I: Lieschen. Pilates Studio | | |
| 8:30AM |  ZUMBA® H: 8:30 AM-9:30 AM I: Raysa GFS | |  POWER SCULPT H: 8:30 AM-9:30 AM I: Raysa. GFS | |  ZUMBA® H: 8:30 AM-9:30 AM I: Lieschen. GFS | |
| 9:00AM | |  PILATES Mat Pilates H. 9:30 AM – 10:30 AM I: Lieschen GFS | | | | |
| 10:00AM |  PILATES Group Reformer H: 10:00AM-11:00AM I: Lieschen. Pilates Studio | |  PILATES EXO® Chair H: 10:00 AM-11:00 AM I: Lieschen. GFS | | |  YOGA H: 10:00 AM-11:15 AM GFS I: Frances |
| 11:30AM | | | | | |  ZUMBA® H: 11:30AM-12:30 PM I: Danny/Lieschen. GFS |
| HORARIO NOCTURNO (PM) | | | | | | |
| 6:00PM | |  PILATES Group Reformer H: 6:00 PM -7:00 PM I: Lieschen. Pilates Studio | |  PILATES Group Reformer H: 6:00 PM-7:00 PM I: Lieschen. Pilates Studio | | |
| 6:30PM |  UGI® H: 6:30 PM-7:00PM GFS I: Lieschen | |  UGI® H: 6:30 PM-7:00PM GFS I: Lieschen | | | |
| 7:00PM |  SPINNING® H: 7:00 PM-8:00 PM SR I: | |  SPINNING® H: 7:00 PM-8:00 PM SR I: | | | |
| 7:15PM |  ZUMBA® H: 7:15 PM-8:15 PM GFS I: Lieschen |  POWER SCULPT / TABATA BOOTCAMP H: 7:15 PM-8:15 PM GFS I: Lieschen |  ZUMBA® H: 7:15 PM-8:15 PM GFS I: Lieschen |  YOGA H: 7:15 PM-8:15 PM GFS I: Frances | | |
| GFS – Group Fitness Studio SR – Spinning Room Clases tienen un costo adicional. | | | | | | |



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NOTA:
El itinerario de clases e instructores
están sujetos a cambios