

Horario de Mayo

Haz tus reservas en moodbodyhouse.com

| LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SÁBADO |
|--------------------------|---|--------------------------------------|--------------------------|--------------------|--------------------------------------|
| 7:30 AM | 7:30 AM | 7:30 AM | 7:30 AM | 7:30 AM | |
| | Body Define | | Define | Body Define | |
| 8:30 AM | 8:30 AM | 8:30 AM | 8:30 AM | 8:30 AM | |
| Define | | Lower Body Define | | | |
| 10:00 AM | 10:00 AM | 10:00 AM | 10:00 AM | 10:00 AM | 10:00 AM |
| | | | | | Body Define 45MN |
| 11:15 AM | 11:15 AM | 11:15 AM | 11:15 AM | 11:15 AM | 11:15 AM |
| | | | | | 15Aerobic 30BDefine |
| 1:30 PM | 1:30 PM | 1:30 PM | 1:30 PM | 2:00 PM | |
| | Body Define 45 MN | 15Aerobic 30BDefine | Define | Body Define | |
| 2:30 PM | 2:30 PM | 2:30 PM | 2:30 PM | 2:30 PM | |
| Lower Body Define | | | | | |
| 6:30 PM | 6:30 PM | 6:30 PM | 6:30 PM | 6:30 PM | |
| Body Define | Define | 30 Define 15 Strech | Aerobic Dance | | |
| 7:45 PM | 7:45 PM | 7:45 PM | 7:45 PM | 7:45 PM | |
| Aerobic Dance | 30 Aerobic 30 Define 1H | Body Define 50 MN | Lower Body Define | | |