

Horario

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO
7:15 AM	7:30 AM	7:15 AM	7:30 AM	7:30 AM	
Muscular Strength	Define	Muscular Strength	Define	Body Define	
8:15 AM	8:30 AM	8:15 AM	8:30 AM	8:30 AM	9:45 AM
Define	Body Define	Lower Body Define	Muscular Strength	30Aerobics 15Core	Define
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	11:00 AM
					Muscular Strength
2 PM	2 PM	2 PM	2 PM	2:00 PM	12:15 AM
Muscular Strength	Body Define	30Aerobics 15Core	Define	Body Define	Aerobics
5:15 PM	5:15 PM	5:15 PM	5:15 PM	5:15 PM	
	Body Define	Define			
6:00 PM	6:30 PM	6:30 PM	6:00 PM	6:00 PM	
Body Define	Define	30BDefine 15Stretch	Aerobics	30Aerobics 30BDefine	
7:15 PM	7:45 PM	7:45 PM	7:15 PM		
Aerobics	30Aerobics 30BDefine 1H	Body Define 50 MN	Lower Body Define		
8:15 PM			8:15 PM		
Muscular Strength			Muscular Strength		

MOODBODY