

Horario clases grupales

Club Madelena - Agosto

DIA	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
HORA DE INICIO						
7:00 a.m.	Cross Training	Aeróbicos	Tono	Pilates	Full Kombat	
8:00 a.m.	Stretching	Spinning	Rumba	Funcional	Rumba	Rumba
9:00 a.m.						Full Kombat
6:00 p.m.	Rumba	Spinning		Salsa		
7:00 p.m.	Full Kombat	Glúteo/ Abdomen/ Pierna	Cross Training	Bachata		