

CLASES GRUPALES GIMNASIO

>> LUNES

- 7:00 a.m. • Spinning - Gustavo Tabares
- 7:00 a.m. • Hatha Yoga - Juliana Castrillón
- 8:00 a.m. • Rumba - Jose Saldarriaga
- 12:00 m. • Duatlon - Gustavo Tabares
- 6:00 p.m. • Rumba - Jose Saldarriaga
- 7:00 p.m. • G.A.P. - Lina Rodriguez

>> MARTES

- 7:00 a.m. • Cardioboxing - Lina Rodriguez
- 8:00 a.m. • kundalini Yoga - Juliana Castrillón
- 9:00 a.m. • Aquafit - Gustavo Tabares
- 12:00 m. • Rumba - Jose Saldarriaga
- 6:00 p.m. • Spinning - Jose Saldarriaga

>> MIÉRCOLES

- 6:00 a.m. • G.A.P. - Jose Saldarriaga
- 7:00 a.m. • Hatha Yoga - Juliana Castrillón
- 8:00 a.m. • Rumba - Jose Saldarriaga
- 8:00 a.m. • R.T.G. - Lina Rodriguez
- 12:00 m. • Power - Gustavo Tabares
- 6:00 p.m. • Rumba - Lina Rodriguez
- 7:00 p.m. • G.A.P. - Gustavo Tabares

>> JUEVES

- 6:00 a.m. • Power - Jose Saldarriaga
- 7:00 a.m. • Spinning - Jose Saldarriaga
- 7:00 a.m. • Cardio Tono - Lina Rodriguez
- 8:00 a.m. • kundalini Yoga - Juliana Castrillón
- 12:00 m. • Spinning - Gustavo Tabares
- 6:00 p.m. • Power. - Lina Rodriguez
- 6:00 p.m. • Spinning - Gustavo Tabares

>> VIERNES

- 6:00 a.m. • Rumba - Jose Saldarriaga
- 7:00 a.m. • Hatha Yoga - Juliana Castrillón
- 8:00 a.m. • Rumba - Lina Rodriguez
- 12:00 m. • Aquafit - Gustavo Tabares
- 6:00 p.m. • Rumba - Lina Rodriguez

>> SÁBADO

- 9:00 a.m. • Spinning - Gustavo Tabares
- 10:00 a.m. • Rumba - Jose Saldarriaga
- 11:00 a.m. • Power - Gustavo Tabares

