

# Itinerario de clases

## SAN JUAN

| HORA    | LUNES                  | MARTES                 | MIÉRCOLES              | JUEVES                 | VIERNES         | SÁBADO                 |
|---------|------------------------|------------------------|------------------------|------------------------|-----------------|------------------------|
| 5:15 AM |                        | SPINNING               |                        | SPINNING               |                 |                        |
| 8:00 AM |                        |                        |                        |                        | SPINNING        |                        |
| 8:30 AM | BARRBELL<br>CIRCUIT    | SPINNING               | BARRBELL<br>CIRCUIT    | SPINNING               |                 |                        |
| 9:00AM  |                        |                        |                        |                        | BODY<br>CIRCUIT | (9:15 AM)<br>SPINNING  |
| 9:30AM  | XCO LATIN<br>BY JACKIE | GLUTES                 | XCO LATIN<br>BY JACKIE | CORE &<br>STRETCH      |                 |                        |
| 10:30AM |                        |                        |                        |                        |                 | XCO LATIN<br>BY JACKIE |
|         |                        |                        |                        |                        |                 |                        |
| 5:30 PM | ZUMBA                  | XCO LATIN<br>BY JACKIE | ZUMBA                  | XCO LATIN<br>BY JACKIE |                 |                        |
| 5:30 PM | SPINNING               | SPINNING               | SPINNING               | SPINNING               |                 |                        |
| 6:30 PM | BARRBELL<br>CIRCUIT    | FLEXI BAR<br>CIRCUIT   | BARRBELL<br>CIRCUIT    | KICKBOXING             |                 |                        |
| 6:30 PM |                        | SPINNING               |                        | SPINNING               |                 |                        |
| 7:30 PM |                        | SALSA                  |                        | SALSA                  |                 |                        |