

ZZ CROSS/FUNCIONAL

🕒	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
07.00	ZZ CROSS	ZZ CROSS	ZZ CROSS	ZZ CROSS	ZZ CROSS	
08.00	ZZ CROSS	FUNCIONAL	ZZ CROSS	FUNCIONAL	ZZ CROSS	
09.00	FUNCIONAL	FUNCIONAL	FUNCIONAL	FUNCIONAL	FUNCIONAL	
10.00						FUNCIONAL
11.00						ZZ CROSS CHALLENGE
12.30	ZZ CROSS	ZZ CROSS	ZZ CROSS	ZZ CROSS	ZZ CROSS	
16.00	ZZ CROSS		ZZ CROSS		ZZ CROSS	
17.00	FUNCIONAL	ZZ CROSS	FUNCIONAL	ZZ CROSS	FUNCIONAL	
18.00	FUNCIONAL	ZZ CROSS	FUNCIONAL	ZZ CROSS	FUNCIONAL	
19.00	ZZ CROSS	FUNCIONAL	ZZ CROSS	FUNCIONAL	ZZ CROSS	
19.30						ZZ CROSS CHALLENGE
20.00	ZZ CROSS	FUNCIONAL	ZZ CROSS	FUNCIONAL	ZZ CROSS	

INDOOR CYCLE

🕒	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
10.00						SPINNING
19.00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	

OPEN BOX

🕒	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
10 a 12	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
14 a 16	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	
13 a 18						OPEN BOX



Se deberá presentar un Apto Médico de manera obligatoria. Ley N° 1821, Art 6 (C.A.B.A).
(Consultar por el plazo de entrega).



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