

Horario Arco Fitness

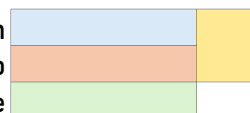
Lunes a viernes de 7:00 a 22:00

Sábados de 9:00 a 14:00

Domingos y festivos de 10:00 a 14:00



Tonificación
Cardio
Cuerpo y mente



	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:00		Power Fit 8:00 - 9:00		Super Fit 8:00 - 9:00		
8:30						
9:00	Machine 9:00 - 9:30	Leg work 9:00 - 9:30	ABS 9:00 - 9:30	Body Fit 9:00 - 9:45	Leg work 9:00 - 9:30	
9:30	Body Fit 9:30 - 10:30	Pilates 9:30 - 10:30	Power Fit 9:30 - 10:30	Stretch 9:45 - 10:30	Pilates 9:30 - 10:30	
10:00						Power Fit 10:00 - 10:45
10:30	Dance Fusion 10:30 - 11:30	Super Fit 10:30 - 11:30	Stretch-Core 10:30 - 11:30	Pilates 10:30 - 11:30	Body Fit 10:30 - 11:30	Dance Jam 10:45 - 11:30
11:00						
11:30	Yoga 11:30 - 12:30			Hipopresivos 11:30 - 12:00	Yoga 11:30 - 12:30	Power stretch-core 11:30 - 13:00
12:00						
12:30						
14:15	Super Fit 14:15 - 15:15	Function Fit 14:15 - 15:00	Dance Jam 14:15 - 15:15	Power Fit 14:15 - 15:00		
18:00		Pilates 18:00 - 19:00			Pilates 18:00 - 18:45	
18:30	Power Fit 18:30 - 19:30			Body Fit 18:15 - 19:15		
19:00		Dance Fusion 19:00 - 19:45	Super Fit 19:00 - 20:00		GAP 18:45 - 19:30	
19:30	Dance Fusion 19:30 - 20:30	Body Fit 19:45 - 20:30		Dance Fusion 19:15 - 20:15	Body Fit 19:30 - 20:15	
20:00			Stretch-Core 20:00 - 21:00			
20:30	Body Fit 20:30 - 21:30	Yoga 20:35 - 21:35		Yoga 20:30 - 21:30		
21:00						

Se ruega puntualidad en las clases. Gracias.

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