

HORARIO CLASES COLECTIVAS JUNIO

| HORA | LUNES | | MARTES | | MIÉRCOLES | | JUEVES | | VIERNES | | SÁBADO | | DOMINGO | | HORA |
|-------|------------|----------|-------------|----------|-------------|----------|-------------|------------|-------------|----------|------------|---------|---------|------|-------|
| | CLASES | SALA | CLASES | SALA | CLASES | SALA | CLASES | SALA | CLASES | SALA | CLASES | SALA | CLASES | SALA | |
| 7:00 | | | | | | | | | | | | | | | 7:00 |
| 7:30 | I. CYCLING | CYCLING | BODYPUMP | REEBOK | I. CYCLING | CYCLING | BODYCOMBAT | REEBOK | I. CYCLING | CYCLING | | | | | 7:30 |
| 9:30 | | | | | ZUMBA | REEBOK | | | | | | | | | 9:30 |
| 9:30 | BODYPUMP | REEBOK | BODYCOMBAT | REEBOK | I. CYCLING | CYCLING | BODYATTACK | REEBOK | ZUMBA | REEBOK | | | | | 9:30 |
| 9:30 | TRX | ADIDAS | | | CARDIOBOX | ADIDAS | | | | | | | | | 9:30 |
| 10:00 | M. PILATES | ADIDAS | I. CYCLING | CYCLING | | | I. CYCLING | CYCLING | PILATES | ADIDAS | | | | | 10:00 |
| 10:00 | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | | | | | 10:00 |
| 10:30 | I. CYCLING | CYCLING | BODYBALANCE | REEBOK | STRENGHT | REEBOK | BODYPUMP | REEBOK | BODYBALANCE | REEBOK | I. CYCLING | CYCLING | | | 10:30 |
| 10:30 | | | | | M. PILATES | ADIDAS | | | | | | | | | 10:30 |
| 11:00 | | | | | | | | | | | | | | | 11:00 |
| 11:30 | | | | | | | | | | | | | | | 11:30 |
| 12:00 | | | | | | | | | | | I. CYCLING | CYCLING | | | 12:00 |
| 13:00 | | | | | | | | | | | | | | | 13:00 |
| 14:15 | BODYPUMP | REEBOK | I. CYCLING | CYCLING | BODYPUMP | REEBOK | I. CYCLING | CYCLING | | | | | | | 14:15 |
| 14:15 | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | | | | | 14:15 |
| 15:00 | | | | | | | | | | | | | | | 15:00 |
| 16:30 | BODYPUMP | REEBOK | | | | | | | | | | | | | 16:30 |
| 17:30 | | | I. CYCLING | CYCLING | | | | | | | | | | | 17:30 |
| 17:30 | I. CYCLING | CYCLING | BODYPUMP | REEBOK | I. CYCLING | CYCLING | TRX | ADIDAS | BODYPUMP | REEBOK | | | | | 17:30 |
| 18:00 | | | | | | | | | I. CYCLING | CYCLING | I. CYCLING | CYCLING | | | 18:00 |
| 18:00 | ZUMBA | REEBOK | | | | | | | OPEN-BOX | ROCKZONE | | | | | 18:00 |
| 18:15 | | | | | TRX | ADIDAS | ZUMBA | REEBOK | | | | | | | 18:15 |
| 18:15 | | | | | BODYBALANCE | REEBOK | | | | | | | | | 18:15 |
| 18:30 | | | CARDIOBOX | ADIDAS | | | CARDIOBOX | ADIDAS | | | | | | | 18:30 |
| 18:30 | WOD | ROCKZONE | | | | | | | BODY ATTACK | REEBOK | | | | | 18:30 |
| 18:45 | | | | | | | | | | | | | | | 18:45 |
| 19:00 | I. CYCLING | CYCLING | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | WOD | ROCKZONE | | | | | 19:00 |
| 19:00 | M. PILATES | ADIDAS | I. CYCLING | CYCLING | I. CYCLING | CYCLING | I. CYCLING | I. CYCLING | I. CYCLING | CYCLING | | | | | 19:00 |
| 19:15 | BODYCOMBAT | REEBOK | BODYBALANCE | REEBOK | ZUMBA | REEBOK | BODYPUMP | REEBOK | | | | | | | 19:15 |
| 19:30 | WOD | ROCKZONE | ABD EXPRESS | ADIDAS | ABD EXPRESS | ADIDAS | | | BODYBALANCE | REEBOK | | | | | 19:30 |
| 19:30 | | | | | | | | | | | | | | | 19:30 |
| 20:00 | I. CYCLING | CYCLING | I. CYCLING | CYCLING | M. PILATES | | I. CYCLING | CYCLING | | | | | | | 20:00 |
| 20:00 | TRX | ADIDAS | | | OPEN-BOX | ROCKZONE | WOD | ROCKZONE | | | | | | | 20:00 |
| 20:00 | | | | | | | | | | | | | | | 20:00 |
| 20:15 | | | BODYATTACK | REEBOK | BODYCOMBAT | REEBOK | | | I. CYCLING | CYCLING | | | | | 20:15 |
| 20:15 | | | WOD | ROCKZONE | | | | | | | | | | | 20:15 |
| 20:30 | BODYPUMP | REEBOK | | | I. CYCLING | CYCLING | BODYBALANCE | REEBOK | | | | | | | 20:30 |
| 20:30 | | | | | | | | | | | | | | | 20:30 |
| 20:30 | ABD EXPRES | ADIDAS | | | | | | | | | | | | | 20:30 |
| 21:00 | I. CYCLING | CYCLING | | | | | I. CYCLING | CYCLING | | | | | | | 21:00 |
| 21:15 | | | I. CYCLING | CYCLING | BODYPUMP | REEBOK | | | | | | | | | 21:15 |

- LAS ACTIVIDADES DIRIGIDAS TENDRÁN UNA DURACIÓN DE 20-50 MINUTOS (SEGÚN ACTIVIDAD) DESDE SU HORA DE INICIO
- ROCKGYM SE RESERVA LA POSIBILIDAD DE CAMBIO EN EL HORARIO AVISANDO CON LA MAYOR BREVEDAD

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