

HORARIO

L

5:00am	ABRRIMOS
5:30am	TOTAL BODY
6:00am	METABOLIC FUSION
7:00am	TOTAL BODY
7:00am	METABOLIC FUSION
7:30am	
8:00am	TOTAL BODY
8:00am	METABOLIC FUSION
10:00am	
11:00am	TOTAL BODY
12:15md	METABOLIC (Marco N)
1:00pm	
3:30pm	TOTAL BODY
4:00pm	METABOLIC FUSION
4:30pm	TOTAL BODY
5:00pm	METABOLIC FUSION
6:20pm	TOTAL BODY
6:30pm	METABOLIC FUSION
7:20pm	METABOLIC FUSION
	CERRAMOS

K

5:00am	ABRRIMOS
5:30am	STRENGTH & CONDITIONING
6:00am	BODY SHAPE
7:00am	STRENGTH & CONDITIONING
7:00am	BODY SHAPE
7:30am	
8:00am	STRENGTH & CONDITIONING
8:00am	BODY SHAPE
10:00am	
11:00am	STRENGTH & CONDITIONING
12:15md	BODY SHAPE
1:00pm	
3:30pm	STRENGTH & CONDITIONING
4:00pm	BODY SHAPE
4:30pm	STRENGTH & CONDITIONING
5:00pm	BODY SHAPE
6:20pm	STRENGTH & CONDITIONING
6:30pm	BODY SHAPE
7:20pm	BODY SHAPE

M

5:00am	ABRRIMOS
5:30am	TOTAL BODY
6:00am	METABOLIC FUSION
7:00am	TOTAL BODY
7:00am	METABOLIC FUSION
7:30am	
8:00am	TOTAL BODY
8:00am	METABOLIC FUSION
10:00am	
11:00am	TOTAL BODY
12:15md	METABOLIC (Marco N)
1:00pm	
3:30pm	TOTAL BODY
4:00pm	METABOLIC FUSION
4:30pm	TOTAL BODY
5:00pm	METABOLIC FUSION
6:20pm	TOTAL BODY
6:30pm	METABOLIC FUSION
7:20pm	METABOLIC FUSION

J

5:00am	ABRRIMOS
5:30am	STRENGTH & CONDITIONING
6:00am	BODY SHAPE
7:00am	STRENGTH & CONDITIONING
7:00am	BODY SHAPE
7:30am	
8:00am	STRENGTH & CONDITIONING
8:00am	BODY SHAPE
10:00am	
11:00am	STRENGTH & CONDITIONING
12:15md	BODY SHAPE
1:00pm	
3:30pm	STRENGTH & CONDITIONING
4:00pm	BODY SHAPE
4:30pm	STRENGTH & CONDITIONING
5:00pm	BODY SHAPE
6:20pm	STRENGTH & CONDITIONING
6:30pm	BODY SHAPE
7:20pm	BODY SHAPE

V

5:00am	ABRRIMOS
5:30am	TOTAL BODY
6:00am	METABOLIC FUSION
7:00am	TOTAL BODY
7:00am	METABOLIC FUSION
7:30am	
8:00am	TOTAL BODY
8:00am	METABOLIC FUSION
10:00am	
11:00am	TOTAL BODY
12:15md	METABOLIC (Marco N)
1:00pm	
3:30pm	TOTAL BODY
4:00pm	METABOLIC FUSION
4:30pm	TOTAL BODY
5:00pm	METABOLIC FUSION
6:20pm	TOTAL BODY
6:30pm	METABOLIC FUSION
7:20pm	METABOLIC FUSION

S

7:00am	ABRRIMOS
7:30am	BOOT CAMP
10:00am	BOOT CAMP
1:00Pm	CERRAMOS

D

8:00am	ABRRIMOS
10:00am	METABOLICA
12:15md	CERRAMOS