

HORARIO

MULTISPA
HEREDIA

GROUP X
GROUP TRAINING EXPERIENCE BY MULTISPA

	L	K	M	J	V	S	D
6set00	SET - ADAM	METCOM- ADAM		SET- ADAM			
		SPIN - JOSUÉ		SPIN - ELADIO			
7:00	SET- DIEGO	METCOM- MARLON	BLEND - ADAM	SET- MARLON	METCOM- ADAM		
			BLEND- DIEGO		METCOM- DIEGO		
9:00			GAP - ADAM				
						PILATES - KURT	
						ESPECIAL DEL COACH	
						SPIN	SURPRISE SUNDAY
10:00						ESPECIAL DEL COACH	
						ZUMBA - DAVID	YOGA - ANAYENSY
12:00	SET- MARLON			SET KEVIN		RIP 60 - JERAMY	
5:00	ZUMBA - JENNY	METCOM- KEVIN	BLEND - CRIS	SET- DYLSON	METCOM - MARLON		
			SPIN - ELADIO		SPIN - ELADIO		
5:30	SET- GLORI	METCOM- CRIS	RIP 60 - JERAMY	ZUMBA - DAVID			
6:00	CAR. BOX - JERAMY	METCOM- CRIS	BLEND-KEVIN	SET- CRIS	METCOM - DYLSON		
6:00	SPIN - CRISTIAN	ZUMBA - ADAM	ZUMBA - ADRIÁN	GAP - JERMAY	ZUMBA - WILLIAM		
6:30	SET- GLORI	METCOM- DEBORA	SPIN - ELADIO	SET- DEBORA	METCOM DEBORA		
7:00	PILATES - MARIA	YOGA - ANAYENSY	BLEND- DYLSON	YOGA - ANAYANSI			
	SPIN - CRISTIAN	SPIN - ALEX		SPIN - MARIA			