



HORARIO MULTISPA TURRIALBA

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00 a.m. Team Training	6:00 a.m. Team Training		6:00 a.m. Team Training	6:00 a.m. Team Training	9:00 a.m. Spinning / Esteban
7:00 a.m. Spinning /Jimmy		7:00 a.m. Yoga /Josué			10:00 a.m. Baile / Daniela
6:00 p.m. Baile / Adolfo	6:00 p.m. Spinning / Adolfo	6:00 p.m. Baile / Johana	6:00 p.m. Spinning/ Jimmy		
7:00 p.m. Team Training	7:30 p.m. Yoga / AnaLía	7:00 p.m. Team Training	7:30 p.m. Yoga/ Tatiana		