

HORARIO

MULTISPA
HEREDIA

GROUPX
GROUP TRAINING EXPERIENCE BY MULTISPA

L	K	M	J	V	S	D
6:00HIFT- ADAM	6:00HIFT - ADAM SPIN - JOSUÉ	6:00HIFT - DIEGO	6:00HIFT- ADAM	6:00HIFT - ADAM	6:00	6:00
7:00HIFT- DIEGO	7:00HIFT- MARLON	7:00HIFT- DIEGO	7:00HIFT- MARLON	7:00HIFT - DIEGO	7:00	7:00
9:00	8:00	8:00BARRE- FERNANDA	9:00	9:00	8:00BARRE - FERNANDA	
10:00	10:00	11:00	10:00	10:00	9:00HIFT SPIN - ELADIO	9:00SUNDAY MIX
12:00HIFT-MARLON	11:00	12:00HIFT - CRIS SPIN - JOSUÉ			10:00ZUMBA - JAZMÍN	10:00YOGA - ANAYENSY
5:00HIFT - JASON CAR. DANCE - JENNY	12:00HIFT - KEVIN	5:00RIP 60 - JERAMY HIFT - LESTER	12:00HIFT - DYLSON	11:00	11:00RIP 60 - JERAMY	11:00
6:00GAP - ADAM	5:00HIFT - JASON	6:00ZUMBA - ADRIÁN	5:00HIFT - LESTER	12:00HIFT - MARLON SPIN - ELADIO	12:00	12:00
6:00SPIN - CRISTIAN HIFT - DYLSON	6:00HIFT- CRIS ZUMBA - ADAM	6:00SPIN - FERNANDA	5:00PILATES - MIGUEL H.	5:00CAR. BOX - JERAMY	5:00	5:00
7:00PILATES- ANAYANSY SPIN - CRISTIAN	6:00	6:00HIFT- JASON	6:00HIFT- CRIS	5:30HIFT - LESTER	5:30	5:30
7:00HIFT - LESTER	7:00HIFT- CRIS YOGA - ANAYANSY SPIN - FERNANDA	6:00HIFT- DYLSON	6:00GAP - JERAMY	6:00CAR. DANCE - JACKSON	6:00	6:00
		7:00	HIFT - JASON	6:30HIFT- DYLSON	6:30	6:30
		7:30BARRE - NATASHA	7:00YOGA - DAVID H.	7:00	7:00	7:00