

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00 a.m. HIFT - Adam	6:00 a.m. HIFT - Adam	6:00 a.m. HIFT - Diego	6:00 a.m. HIFT - Adam	6:00 a.m. HIFT - Adam	8:00 a.m. BARRE - Fernanda
7:00 a.m. HIFT - Diego	7:00 a.m. HIFT - Marlon	7:00 a.m. HIFT - Diego	7:00 a.m. HIFT - Marlon	7:00 a.m. HIFT - Diego	9:00 a.m. HIFT
12:00 m.d. HIFT - Marlon	12:00 m.d. HIFT - Kevin	8:00 a.m. BARRE - Fernanda	12:00 m.d. HIFT - Dylson	12:00 m.d. HIFT - Marlon	10:00 a.m. ZUMBA - Jazmín
5:00 p.m. HIFT - Jason	5:00 p.m. HIFT - Jason	12:00 m.d. HIFT - Cris	5:00 p.m. HIFT - Lester	5:00 p.m. CAR. BOX - Jeremy	11:00 a.m. RIP 60 - Jeremy
5:00 p.m. CAR. DANCE - Jenny	6:00 p.m. HIFT - Cris	5:00 p.m. HIFT - Lester	5:00 p.m. PILATES - Miguel	5:30 p.m. HIFT - Lester	
6:00 p.m. GAP - Adam	6:00 p.m. ZUMBA - Adam	5:00 p.m. RIP 60 - Jeremy	6:00 p.m. GAP - Jeremy	6:00 p.m. CAR. DANCE - Jackson	DOMINGO
6:00 p.m. HIFT - Dylson	7:00 p.m. HIFT - Cris	6:00 p.m. ZUMBA - Adrián	6:00 p.m. HIFT - Cris	6:30 p.m. HIFT - Dylson	9:00 a.m. SUNDAY MIX
7:00 p.m. PILATES - Anayansy	7:00 p.m. YOGA - Anayansy	6:00 p.m. HIFT - Jason	7:00 p.m. YOGA - David H.		10:00 a.m. YOGA - Anayansy
7:00 p.m. HIFT - Lester		7:00 p.m. HIFT - Dylson	7:00 p.m. HIFT - Jason		
		7:30 p.m. BARRE - Natasha			