

HORARIO CLASES FITNESS

EL PILAR
CENTRO DEPORTIVO



LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
		14.15	CROSSHIIT			14.15	CROSSHIIT		
15.00	WEIGHT TRAINING			15.00	WEIGHT TRAINING			14.30	EXPRESS - TRAINING
16.00	EXPRESS - TRAINING			16.00	EXPRESS - TRAINING			15.00	WEIGHT TRAINING
18.00	PILATES	18.30	PILATES	18.00	PILATES	18.30	PILATES		
19.00	SHAPE TRAINING	19.15	CLUB PÉRDIDA DE PESO	19.00	SHAPE TRAINING	19.15	CLUB PÉRDIDA DE PESO		
19.30	PILATES			19.30	PILATES				
		19.30	MANTENIMIENTO			19.30	MANTENIMIENTO		
		19.45	PILATES			19.45	PILATES		
20.30	CROSSHIIT	20.00	CLUB DEL CORREDOR	20.30	CROSSHIIT	20.00	CLUB DEL CORREDOR	20.30	CROSSHIIT
		20.45	WEIGHT TRAINING			20.45	WEIGHT TRAINING		
		21.00	BALONCESTO						

● ALTA INTENSIDAD

● CUERPO - MENTE

● INTENSIDAD MEDIA

● FUERZA

● CARDIO