GYM BOTIQUE CLUB ATLAS FIT

C/Estrella Polar 20 Madrid www.clubatlasretiro.es WhatsApp 686 997 012

HORARIO

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
BODYCOMBAT 10:00h	ZUMBA 10:30h	BODYCOMBAT 10:00h	ZUMBA 10:30h	Mantenimiento 10:30	YOGA 10:30
Mantenimiento 10:50h	BODYFITNESS 11:15h	Mantenimiento 10:50h	GLUTEO & PIERNA 11:15h	Pilates 11:30h	ABD 11:30h
PILATES 11:30h		PILATES 11:30h			HiiT 12:00h
			PILATES 18:00		
	ZUMBA 18:30 h	PILATES 17:00h	TONIFICACION 19:00h	TRX 18:30h	
TONIFICACION 18:00	GLUTEO & PIERNA 19:15h	TRX 18:00h	ABD 19:30h	HIBRIDO 19:30h	
PILATES 19:00	Tonificacion 20:00h	ZUMBA 19:15h	SPARTANS 20:00h		
ZUMBA 20:00h	SPARTANS 20:00h	SPARTANS 19:30	SPARTANS 21:00h		
SPARTANS 19:30h	BODYCOMBAT 20:30h	YOGA 20:15h	BODYCOMBAT 20:00h		
SPARTANS 20:30h	KICKBOXING 20:30h	SPARTANS 20:30h	KICKBOXING 20:30h		

DOMINGO
TONIFICACION 11:30h

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