



los lagartos

CLASES GRUPALES

MARTES

7:30 a.m.
RUMBA
Herman González

9:00 a.m.
YOGA
Jalver Rivera

9:30 a.m.
TRX
Diana Castro

10:00 a.m.
SPINNING
Rafael Becerra

MIÉRCOLES

7:00 a.m.
RUMBA
Boris Carreazo

9:00 a.m.
YOGA
Ana Batei

9:30 a.m.
TRX
Andrea Pongutá

10:30 a.m.
TRX
Andrea Pongutá

JUEVES

7:30 a.m.
RUMBA
Yesid Valiente

9:00 a.m.
YOGA
Ana Rueda

10:00 a.m.
SPINNING
Rafael Becerra

VIERNES

7:00 a.m.
RUMBA
Yesid Valiente

9:00 a.m.
YOGA
Jalver Rivera

9:30 a.m.
TRX
Rafael Becerra

10:30 a.m.
TRX
Rafael Becerra

SÁBADO

8:00 a.m.
ESTIRAMIENTO
Yaison Fuquene

9:00 a.m.
YOGA
Ana Batei

9:00 y 11:00 a.m.
TRX
Andrea Pongutá

10:00 a.m.
TRX
Jair Sepulveda

9:00 a.m.
SPINNING
Rafael Becerra

10:00 a.m.
SPINNING
Andrea Pongutá

11:00 a.m.
SPINNING
Diana Castro

11:00 a.m.
RUMBA
Herman González

11:00 a.m.
KICK BOXING
Rafael Becerra

DOM - FEST

8:00 a.m.
ESTIRAMIENTO
Jaime Martínez

9:00 a.m.
YOGA
Ana Rueda

9:00 a.m.
TRX
Jaime MArtínez

9:00 a.m.
SPINNING
Edwin Villamil

10:00 y 11:00 a.m.
SPINNING
Edwin Villamil

10:00 a.m.
TRX
Jaime Martínez

11:00 a.m.
TRX
Diana Castro

11:00 a.m.
RUMBA
Profesor rotado

NUEVA CLASE

LUNES

5:30 p.m.
RUMBA
Herman González