

SEDE BORGES 2405 Palermo

11-5054-8732

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
8:00		PILATES		PILATES		
9:00	CIRCUIT TRAINING		CIRCUIT TRAINING		CIRCUIT TRAINING	
10:00						
14:00	YOGA		YOGA		YOGA	
15:00						
17:00						
18:00						
19:00	LOCALIZADA	LOCAL TRAINING	LOCALIZADA	LOCAL TRAINING	LOCALIZADA	
20:00	ZUMBA		ZUMBA		ZUMBA	
21:00						

SEDE SANTA FE 4226 Palermo

11-5658-3350

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
8:00		KICK BOXING & MUAY THAI		KICK BOXING & MUAY THAI		
9:00	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	
11:00						ZUMBA
12:00						
17:00	TAEKWON-DO INFANTIL		TAEKWON-DO INFANTIL		TAEKWON-DO INFANTIL	
18:00	HARD TRAINING		HARD TRAINING		HARD TRAINING	
19:00	KICK BOXING & MUAY THAI	TAEKWON-DO ADULTOS	KICK BOXING & MUAY THAI	TAEKWON-DO ADULTOS	KICK BOXING & MUAY THAI	
20:00	TAEKWON-DO ADULTOS	KICK BOXING & MUAY THAI	TAEKWON-DO ADULTOS	KICK BOXING & MUAY THAI	TAEKWON-DO ADULTOS	
21:00	KICK BOXING & MUAY THAI				KICK BOXING & MUAY THAI	

SEDE DARREGUEYRA 2489 Palermo

11-4190-1126

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
8:00	LOCALIZADA		LOCALIZADA		LOCALIZADA	
9:00		LOCAL TRAINING		LOCAL TRAINING		
15:00						
17:00						
18:00	GAP	ZUMBA	GAP	ZUMBA	GAP	
19:00	LATIN LOCAL	HARD FUNCTIONAL	LATIN LOCAL	HARD FUNCTIONAL	LATIN LOCAL	
20:00						
21:00						

*LAS CLASES Y HORARIOS PUEDEN SER MODIFICADOS SIN AVISO PREVIO

SEDE LACROZE 3961 Chacarita

11-6760-9727

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
8:00	BODY STRETCH		BODY STRETCH		BODY STRETCH	
9:00		LATIN LOCAL		LATIN LOCAL		
10:00						HARD TRAINING
14:00						
15:00	POWER LOCAL		POWER LOCAL		POWER LOCAL	
17:00						
18:00			TAEKWON-DO INFANTIL		TAEKWON-DO INFANTIL	
19:00	LATIN DANCE	HARD TRAINING	LATIN DANCE	HARD TRAINING	LATIN DANCE	
20:00	FUNCTIONAL TRAINING	TAEKWON-DO ADULTOS	FUNCTIONAL TRAINING	TAEKWON-DO ADULTOS	FUNCTIONAL TRAINING	
21:00		KICK BOXING & MUAY THAI		KICK BOXING & MUAY THAI		

SEDE CALLAO Av. Cordoba 1819 - Recoleta

11-3229-9795

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
8:00	LOCAL STRETCH	FUNCTIONAL TRAINING	LOCAL STRETCH	FUNCTIONAL TRAINING	LOCAL STRETCH	
9:00						
10:00						
17:00	KICK BOXING & MUAY THAI (INF)		KICK BOXING & MUAY THAI (INF)		KICK BOXING & MUAY THAI (INF)	
18:00	TAEKWON-DO INFANTIL	ZUMBA	TAEKWON-DO INFANTIL	ZUMBA	TAEKWON-DO INFANTIL	
	HARD TRAINING		HARD TRAINING		HARD TRAINING	
19:00	LOCALIZADA	GAP	LOCALIZADA	GAP	LOCALIZADA	
	TAEKWON-DO	HARD TRAINING	TAEKWON-DO	HARD TRAINING	TAEKWON-DO	
20:00	ZUMBA	LATIN LOCAL	ZUMBA	LATIN LOCAL	ZUMBA	
	HARD TRAINING	HARD TRAINING	HARD TRAINING	HARD TRAINING	HARD TRAINING	
21:00	KICK BOXING & MUAY THAI	BOXEO	KICK BOXING & MUAY THAI	BOXEO	KICK BOXING & MUAY THAI	

SEDE SUBZERO Venezuela 1637 - Monserrat

11-6138-0060

HS	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
9:00						
10:00		HARD TRAINING		HARD TRAINING		
13:00		JIU JITSU		JIU JITSU		
15:00						KICK BOXING
18:00	TAEKWON-DO INFANTIL	HARD TRAINING	TAEKWON-DO INFANTIL	HARD TRAINING	TAEKWON-DO INFANTIL	
19:00	TAEKWON-DO ADULTOS	ZUMBA FIT	TAEKWON-DO ADULTOS	ZUMBA FIT	TAEKWON-DO ADULTOS	
20:00						
21:00	KUNG FU	BOXEO	KUNG FU	BOXEO	KUNG FU	
21:30		JIU JITSU		JIU JITSU		
22:00	KICK BOXING		KICK BOXING		KICK BOXING	