

# CLASES COLECTIVAS ELYSIUM ABRIL

|               | LUNES             | MARTES       | MIERCOLES    | JUEVES           | VIERNES      | SABADO       |
|---------------|-------------------|--------------|--------------|------------------|--------------|--------------|
| 8:30 a 9:15   | CYCLO INDOOR      | GAP          | CYCLO INDOOR | CYCLO INDOOR     | PILATES      |              |
| 9:15 a 10:00  | CYCLO INDOOR      | BODY PUMP    | CYCLO INDOOR | BODY PUMP        | CYCLO INDOOR |              |
| 10:15 a 11:15 | BODY PUMP         | PILATES      | AEROBIC      | ABS + STRETCHING | STEP TONE    | CYCLO INDOOR |
| 11:30 a 12:15 | YOGA              | YOGA         | ACQUAGYM     | HATHA YOGA       | ACQUAGYM     | BODY PUMP    |
| 12:30 a 13:15 |                   |              |              |                  |              | ACQUAGYM     |
| 18:30 a 19:15 | adaptive STRENGTH | BODY PUMP    | PILATES      | BODY PUMP        |              |              |
| 19:30 a 20:15 | CYCLO INDOOR      | CYCLO INDOOR | CYCLO INDOOR | CYCLO INDOOR     | BODY PUMP    |              |
| 20:30 a 21:15 | ABS + STRETCHING  | PILATES      | BODY PUMP    | PILATES          |              |              |

 NIVEL BASICO

 NIVEL MEDIO

 NIVEL AVANZADO