












































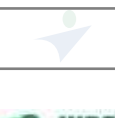


























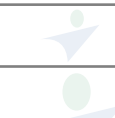
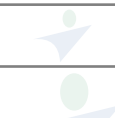










Horario de clases Club Naco

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
6:00 AM	 BODYPUMP	HIGH LOW AEROBICOS	 INDOOR CYCLING PYKATES	SUPER SBODY	 HIGH LOW AEROBICOS	
6:15 AM	easyline		easyline			
6:30 AM		easyline		easyline		
7:30 AM	 Cardio Wave		 Cardio Wave		 Cardio Wave	
8:00 AM	Cardio Wave		Cardio Wave		Cardio Wave	
8:30 AM	 BODY COMBAT	 BODYPUMP	 BODY COMBAT	 BODYPUMP	 BODY COMBAT	
8:45 AM	easyline		easyline		easyline	
9:30 AM	LATIN MIX	BODYFLEX	LATIN MIX	BODYFLEX	LATIN MIX	
10:00 AM	easyline	easyline	easyline	easyline		
10:30 AM		 INDOOR CYCLING PYKATES		 INDOOR CYCLING PYKATES		 INDOOR CYCLING
11:30 AM						 Ritmos latinos
11:45 AM	ABDOMINALES		ABDOMINALES		ABDOMINALES	
1:00 PM		 BODYPUMP		 BODYPUMP		
4:00 PM	HIP & DANCE		HIP & DANCE			
5:00 PM	CARDIODANCE		CARDIODANCE			
5:30 PM		 INDOOR CYCLING PYKATES		 INDOOR CYCLING PYKATES		
6:30 PM	 INDOOR CYCLING PYKATES	 BODYPUMP	 INDOOR CYCLING PYKATES	 BODYPUMP	 INDOOR CYCLING BODYPUMP	
7:00 PM	easyline	Cardio Wave	easyline	Cardio Wave		
7:30 PM	 INDOOR CYCLING BODY COMBAT	 Ritmos latinos	 INDOOR CYCLING BODY COMBAT	 Ritmos latinos		
7:45 PM		easyline		easyline	