

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE LOCAL MIX	CROSS TRAINING SPORTCYCLE	LOCAL MIX CROSS TRAINING SPORTCYCLE	CROSS TRAINING SPORTCYCLE		
09:00	STRETCHING	TABATA OUTDOOR	YOGA	TABATA OUTDOOR	STRETCHING	BODY PUMP	
10:00						YOGA	
11:00						BODY COMBAT SPORTCYCLE	
12:00						CROSS TRAINING ZUMBA	
14:00		SPORTCYCLE		SPORTCYCLE			
15:00	SPORTFUNCTIONAL		SPORTFUNCTIONAL		SPORTFUNCTIONAL		
17:00	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING YOGA	CROSS TRAINING	CROSS TRAINING		
18:00	SPORTCYCLE BODY PUMP CROSS TRAINING	SPORTCYCLE HIIT CROSS TRAINING	SPORTCYCLE BODY PUMP CROSS TRAINING	SPORTCYCLE CROSS TRAINING HIIT	SPORTCYCLE GAP CROSS TRAINING		
19:00	100% ABDOMINALES CROSS TRAINING SPORTCYCLE	BODY COMBAT CROSS TRAINING SPORTCYCLE	CROSS TRAINING ZUMBA SPORTCYCLE	CROSS TRAINING BODY COMBAT SPORTCYCLE	CROSS TRAINING ZUMBA SPORTCYCLE		
20:00	SPORTFUNCTIONAL CROSS TRAINING	CROSS TRAINING FULL LOCAL	SPORTFUNCTIONAL CROSS TRAINING	FULL LOCAL CROSS TRAINING	CROSS TRAINING SPORTFUNCTIONAL		

**Caseros** Gral Manuel Belgrano 4905 - 47160807 - info.caseros@sportclub.com.ar

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