

# HORARIO DE ASESORIAS MERIDA



Asesorías de 6am a 2pm.

Favor de reservar su espacio para cualquier asesoría en FRONT DESK.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Crea tu propio programa 6:00am – 6:55am	Crea tu propio programa 6:00am – 6:55am	Crea tu propio programa 6:00am – 6:55am	Crea tu propio programa 6:00am – 6:55am	Crea tu propio programa 6:00am – 6:55am
Circuito de 30 minutos 7:00am – 7:30am	Circuito de 30 minutos 7:00am – 7:30am	Circuito de 30 minutos 7:00am – 7:30am	Circuito de 30 minutos 7:00am – 7:30am	Circuito de 30 minutos 7:00am – 7:30am
Circuito de abdominales 7:35am – 7:50am	Circuito de abdominales 7:35am – 7:50am	Circuito de abdominales 7:35am – 7:50am	Circuito de abdominales 7:35am – 7:50am	Circuito de abdominales 7:35am – 7:50am
Synergy 360 7:55am – 8:25am	Synergy 360 7:55am – 8:25am	Synergy 360 7:55am – 8:25am	Synergy 360 7:55am – 8:25am	Synergy 360 7:55am – 8:25am
Introducción a máquinas de peso integrado 8:25am – 8:55am	Introducción a peso libre 8:25am – 8:55am	Introducción a máquinas de peso integrado 8:25am – 8:55am	Introducción a peso libre 8:25am – 8:55am	Introducción a máquinas de peso integrado 8:25am – 8:55am
Circuito de 30 minutos 9:00am – 9:30am	Circuito de 30 minutos 9:00am – 9:30am	Circuito de 30 minutos 9:00am – 9:30am	Circuito de 30 minutos 9:00am – 9:30am	Circuito de 30 minutos 9:00am – 9:30am
Circuito de abdominales 9:35am – 9:50am	Circuito de abdominales 9:35am – 9:50am	Circuito de abdominales 9:35am – 9:50am	Circuito de abdominales 9:35am – 9:50am	Circuito de abdominales 9:35am – 9:50am
Synergy 360 9:55am – 10:25am	Synergy 360 9:55am – 10:25am	Synergy 360 9:55am – 10:25am	Synergy 360 9:55am – 10:25am	Synergy 360 9:55am – 10:25am
Introducción a peso libre 11:00am – 11:30am	Introducción a máquinas de peso integrado 11:00am – 11:30am	Introducción a peso libre 11:00am – 11:30am	Introducción a máquinas de peso integrado 11:00am – 11:30am	Introducción a peso libre 11:00am – 11:30am
Crea tu propio programa 11:35am – 12:30pm	Crea tu propio programa 11:35am – 12:30pm	Crea tu propio programa 11:35am – 12:30pm	Crea tu propio programa 11:35am – 12:30pm	Crea tu propio programa 11:35am – 12:30pm
Circuito de 30 minutos 12:35pm – 1:05pm	Circuito de 30 minutos 12:35pm – 1:05pm	Circuito de 30 minutos 12:35pm – 1:05pm	Circuito de 30 minutos 12:35pm – 1:05pm	Circuito de 30 minutos 12:35pm – 1:05pm
Circuito de abdominales 1:10pm – 1:25pm	Circuito de abdominales 1:10pm – 1:25pm	Circuito de abdominales 1:10pm – 1:25pm	Circuito de abdominales 1:10pm – 1:25pm	Circuito de abdominales 1:10pm – 1:25pm
Synergy 360 1:30pm – 2:00pm	Synergy 360 1:30pm – 2:00pm	Synergy 360 1:30pm – 2:00pm	Synergy 360 1:30pm – 2:00pm	Synergy 360 1:30pm – 2:00pm

Asesorías de 3pm a 11pm.

Favor de reservar su espacio para cualquier asesoría en FRONT DESK.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Crea tu propio programa 3:00pm – 3:55pm	Crea tu propio programa 3:00pm – 3:55pm	Crea tu propio programa 3:00pm – 3:55pm	Crea tu propio programa 3:00pm – 3:55pm	Crea tu propio programa 3:00pm – 3:55pm
Circuito de 30 minutos 4:00pm – 4:30pm	Circuito de 30 minutos 4:00pm – 4:30pm	Circuito de 30 minutos 4:00pm – 4:30pm	Circuito de 30 minutos 4:00pm – 4:30pm	Circuito de 30 minutos 4:00pm – 4:30pm
Circuito de abdominales 4:35pm – 4:50pm	Circuito de abdominales 4:35pm – 4:50pm	Circuito de abdominales 4:35pm – 4:50pm	Circuito de abdominales 4:35pm – 4:50pm	Circuito de abdominales 4:35pm – 4:50pm
Synergy 360 4:55pm – 5:25pm	Synergy 360 4:55pm – 5:25pm	Synergy 360 4:55pm – 5:25pm	Synergy 360 4:55pm – 5:25pm	Synergy 360 4:55pm – 5:25pm
Introducción a máquinas de peso integrado 5:25pm – 5:55pm	Introducción a peso libre 5:25pm – 5:55pm	Introducción a máquinas de peso integrado 5:25pm – 5:55pm	Introducción a peso libre 5:25pm – 5:55pm	Introducción a máquinas de peso integrado 5:25pm – 5:55pm
Circuito de 30 minutos 6:00pm – 6:30pm	Circuito de 30 minutos 6:00pm – 6:30pm	Circuito de 30 minutos 6:00pm – 6:30pm	Circuito de 30 minutos 6:00pm – 6:30pm	Circuito de 30 minutos 6:00pm – 6:30pm
Circuito de abdominales 6:35pm – 6:50pm	Circuito de abdominales 6:35pm – 6:50pm	Circuito de abdominales 6:35pm – 6:50pm	Circuito de abdominales 6:35pm – 6:50pm	Circuito de abdominales 6:35pm – 6:50pm
Synergy 360 6:55pm – 7:25pm	Synergy 360 6:55pm – 7:25pm	Synergy 360 6:55pm – 7:25pm	Synergy 360 6:55pm – 7:25pm	Synergy 360 6:55pm – 7:25pm
Circuito de 30 minutos 8:00pm – 8:30pm	Circuito de 30 minutos 8:00pm – 8:30pm	Circuito de 30 minutos 8:00pm – 8:30pm	Circuito de 30 minutos 8:00pm – 8:30pm	Circuito de 30 minutos 8:00pm – 8:30pm
Circuito de abdominales 8:35pm – 8:50pm	Circuito de abdominales 8:35pm – 8:50pm	Circuito de abdominales 8:35pm – 8:50pm	Circuito de abdominales 8:35pm – 8:50pm	Circuito de abdominales 8:35pm – 8:50pm
Synergy 360 8:55pm – 9:25pm	Synergy 360 8:55pm – 9:25pm	Synergy 360 8:55pm – 9:25pm	Synergy 360 8:55pm – 9:25pm	Synergy 360 8:55pm – 9:25pm
Crea tu propio programa 9:30pm – 10:25pm	Crea tu propio programa 9:30pm – 10:25pm	Crea tu propio programa 9:30pm – 10:25pm	Crea tu propio programa 9:30pm – 10:25pm	Crea tu propio programa 9:30pm – 10:25pm
Introducción a peso libre 10:30pm – 11:00pm	Introducción a máquinas de peso integrado 10:30pm – 11:00pm	Introducción a peso libre 10:30pm – 11:00pm	Introducción a máquinas de peso integrado 10:30pm – 11:00pm	Introducción a peso libre 10:30pm – 11:00pm

**QUE TENGA UN LINDO DIA... ¡DISFRUTE DE SU ASESORIA!**