



Hermandad Gallega de Venezuela A.C.

# Horarios Spinning / Sala Fitness





# Hermandad Gallega de Venezuela A.C.

## Spinning

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:30 a.m. a 7:15 a.m.	<b>SPINNING</b> YOALIS BOLÍVAR	<b>SPINNING</b> INGRID CONDE	<b>POWER BIKE</b> KELLYS GONZÁLEZ	<b>SPINNING</b> INGRID CONDE	<b>SPINNING</b> YOALIS BOLÍVAR	
7:30 a.m. a 8:15 a.m.	<b>SPINNING</b> INGRID CONDE	<b>XTREME BIKE STYLE</b> SUSANA BLANCO	<b>CICLO INDOOR</b> RAQUEL DA SILVA	<b>XTREME BIKE STYLE</b> ADRIANA GONCALVES	<b>SPINNING</b> INGRID CONDE	
8:30 a.m. a 9:15 a.m.	<b>XTREME BIKE STYLE</b> SUSANA BLANCO	<b>SPINNING (XBS)</b> KELLYS GONZÁLEZ	<b>XTREME BIKE STYLE</b> SUSANA BLANCO	<b>POWER BIKE</b> KELLYS GONZÁLEZ	<b>XTREME BIKE STYLE</b> ADRIANA GONCALVES	
11:30 a.m. a 12:15 p.m.						<b>AERO BIKE</b> JOEL OREA
4:00 p.m. a 4:45 p.m.	<b>XTREME BIKE STYLE</b> ADRIANA GONCALVES	<b>XTREME BIKE STYLE</b> JENNIFER DUBOIS		<b>XTREME BIKE STYLE</b> JENNIFER DUBOIS	<b>POWER BIKE</b> JOEL OREA	
5:00 p.m. a 5:45 p.m.	<b>XTREME BIKE STYLE</b> RAQUEL DA SILVA	<b>POWER BIKE</b> RAMFNY HERNÁNDEZ	<b>XTREME BIKE STYLE</b> ADRIANA GONCALVES	<b>XTREME BIKE STYLE</b> JENNIFER DUBOIS	<b>POWER BIKE</b> JOHANA BARREIRO	
6:00 p.m. a 6:45 p.m.	<b>POWER BIKE</b> RAMFNY HERNÁNDEZ	<b>XTREME BIKE STYLE</b> RAQUEL DA SILVA	<b>SPINNING</b> JEAN CARLO MAGNANI	<b>AERO BIKE</b> JOEL OREA		
7:00 p.m. a 7:45 p.m.	<b>POWER BIKE</b> LUIS HERNÁNDEZ	<b>POWER BIKE</b> JOEL OREA	<b>POWER BIKE</b> LUIS HERNÁNDEZ	<b>AERO BIKE</b> JOHANA BARREIRO		
8:00 p.m. a 8:45 p.m.	<b>SPINNING</b> JEAN CARLO MAGNANI	<b>AERO BIKE</b> JOHANA BARREIRO		<b>POWER BIKE</b> LUIS HERNÁNDEZ		



# Hermandad Gallega de Venezuela A.C.

## Sala Fitness

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00 a.m. a 7:45 a.m.	<b>FUNCIONALES</b> JUAN PABLO SILVA	<b>FUNCIONALES</b> ALÍ MONASTERIOS	<b>FUNCIONALES</b> INGRID CONDE	<b>TEA TEK</b> EDUARDO GUERRA	<b>FUNCIONALES</b> JUAN PABLO SILVA
8:00 a.m. a 8:45 a.m.	<b>FUNCIONALES</b> JUAN PABLO SILVA	<b>BAILE</b> YARMA MORILLO	<b>STEP</b> JOHATHAN RAGA	<b>FUNCIONALES</b> ALÍ MONASTERIOS	<b>CHE-DANCE</b> ALEXANDER HUBSCHMAN
9:00 a.m. a 9:45 a.m.		<b>BAILE</b> YARMA MORILLO	<b>STEP</b> JOHATHAN RAGA	<b>FUNCIONALES</b> ALÍ MONASTERIOS	<b>CHE-DANCE</b> ALEXANDER HUBSCHMAN
9:30 a.m. a 11:45 a.m.	<b>YOGA KUNDALINI</b> CAROLINA DOMÍNGUEZ				
10:00 a.m. a 11:30 a.m.		<b>YOGA INTEGRAL</b> YELITZA RODRÍGUEZ	<b>YOGA HATHA</b> JOSYMEL AMARISCUM	<b>YOGA HATHA</b> ROXANA RODRÍGUEZ	<b>BAILE (CENTRO DE DÍA)</b> CRISBELLI PÉREZ
4:00 p.m. a 4:45 p.m.					<b>GLUTAB</b> MÓNICA
5:00 p.m. a 5:45 p.m.	<b>GLUTAB</b> MÓNICA	<b>STEP</b> HARRY BALDÁN	<b>STEP</b> HARRY BALDÁN	<b>BAILE</b> LUZ DARY ROSALES	<b>FUNCIONALES</b> JUAN PABLO SILVA
6:00 p.m. a 6:45 p.m.	<b>FIT - COMBAT</b> EMMANUEL MELÉDEZ	<b>GLUTAB</b> MÓNICA	<b>FUNCIONALES</b> GÉNESIS	<b>FIT - COMBAT</b> EMMANUEL MELÉDEZ	
7:00 p.m. a 7:45 p.m.					<b>TRX</b> GÉNESIS
8:00 p.m. a 8:45 p.m.	<b>FUNCIONALES</b> JUAN PABLO SILVA	<b>FUNCIONALES</b> JOHAN NOGUERA	<b>CHE-DANCE</b> ALEXANDER HUBSCHMAN	<b>STEP</b> JOHATHAN RAGA	
9:00 p.m. a 9:45 p.m.	<b>FUNCIONALES</b> JENNIFER DUBOIS	<b>FUNCIONALES</b> ALFREDO HURTADO	<b>FUNCIONALES</b> JENNIFER DUBOIS	<b>CHE-DANCE</b> ALEXANDER HUBSCHMAN	