



THE VITALIST TRAINING

HORARIO DE CLASES

PULSE SANTA ENGRACIA

HORA	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	DOMINGO
TURNO DE MAÑANA →												
07:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
08:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
09:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
10:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	PULSE COMMUNITY	PULSE COMMUNITY
11:00											PULSE COMMUNITY	PULSE COMMUNITY
13:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
14:00	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
TURNO DE TARDE →												
17:30	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
	2	STRENGTH	2	INTENSITY	2	STRENGTH	2	INTENSITY				
18:15	2	INTENSITY	2	STRENGTH	2	INTENSITY	2	STRENGTH				
18:30	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
19:00	2	STRENGTH	2	INTENSITY	2	STRENGTH	2	INTENSITY				
19:30	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360		
19:45	2	INTENSITY	2	STRENGTH	2	INTENSITY	2	STRENGTH				
20:30	1	PULSE 360	1	PULSE 360	1	PULSE 360	1	PULSE 360				