

LIV FITNESS Guaynabo - Main Studio

MONDAY

COMBUSTION	7:00 AM	Enoc Alvelo
RIPPED ABS	9:00	Raully Marco
ROW 2 FIT	5:00 PM	Alejandro Vázquez
TRX BOOTCAMP	6:00 PM	Marie de Jesus

TUESDAY

COMBUSTION	7:00 AM	Enoc Alvelo
FORTIUS RUNNING	7:30 AM	Rafa Colón
POLE FITNESS	9:00	Wanda Torres
GUNNEX BOOTCAMP	6:00 PM	Anita Buitrago

WEDNESDAY

GUNNEX	7:00 AM	Anita Buitrago
ZUMBA	9:00 AM	Luisin
RIPPED ABS	10:00 AM	Raully Marco
ROW 2 FIT	5:00 PM	Raully Marco
VITALITY YOGA	6:30 PM	Gabriela Mendiguren

THURSDAY

PULGATORY	7:00 AM	Elias Otero
FORTIUS RUNNING	7:30 AM	Rafa Colón
GRAVITY	9:00 AM	Solimar Sánchez
POLE FITNESS	6:00 PM	Wanda Torres

FRIDAY

COMBAT INSANITY	7:00 AM	Enoc Alvelo
SYNERGY 360	5:00 PM	Elias Otero
LITT	6:00 PM	Enoc Alvelo

SUNDAY

RESTORATIVE YOGA	9:00 AM	Gabriela Mendiguren
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SATURDAY

XCO LATIN	9:00 AM	William Santiago
CROSSSKILS	10:00 AM	Alejandro Vázquez
POLE BEGINNERS	11:30 AM	Wanda Torres
POLE ADVANCED	12:45 PM	Wanda Torres

☐ A.M. ■ P.M.

HOW
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LIV FITNESS Guaynabo - Cycling Studio

MONDAY

RHYTHM RIDE	6:00 AM	José Falcón
VICIOUS CYCLING	8:30 AM	Solimar Sánchez
ENDCE RIDE	5:30 PM	Raúl Hidalgo
PWR RIDE	6:30 PM	Raúl Hidalgo

TUESDAY

TABATA CYCLING	6:30 AM	Anita Buitrago
RHYTHM RIDE	5:30 PM	Alberto Valentín
VICIOUS CYCLING	6:30 PM	Alberto Valentín

WEDNESDAY

VICIOUS CYCLING	6:00 AM	José Falcón
JOY RIDE	5:30 PM	Marie De Jesús
VICIOUS CYCLING	6:30 PM	Marie De Jesús

THURSDAY

RHYTHM RIDE	6:30 AM	Anita Buitrago
RHYTHM RIDE	5:30 PM	Alberto Valentín
VICIOUS CYCLING	6:30 PM	Alberto Valentín

FRIDAY

VICIOUS CYCLING	9:15 AM	Anita Buitrago
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SUNDAY

TOUR RIDE	9:00 AM	Anita Buitrago
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SATURDAY

RHYTHM RIDE	9:30 AM	Alberto Valentín
TABATA CYCLING	10:30 AM	Alberto Valentín

■ A.M. ■ P.M.

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