

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	SPORTFUNCTIONAL	SPORTCYCLE 45'	SPORTFUNCTIONAL	SPORTCYCLE 45'	SPORTFUNCTIONAL		
08:30	SPORTCYCLE 45'		SPORTCYCLE 45'		SPORTCYCLE 45'		
09:00		SPORTFUNCTIONAL		SPORTFUNCTIONAL			
10:00						GAP	
11:00	SPORT PILATES	HATHA YOGA	SPORT PILATES	HATHA YOGA	SPORT PILATES	SPORTCYCLE 45' SPORTCYCLE 45' SPORTFUNCTIONAL	
12:00	STRETCHING SPORTFUNCTIONAL		STRETCHING SPORTFUNCTIONAL		STRETCHING SPORTFUNCTIONAL	CALISTENIA STRONG BY ZUMBA	
12:15		SPORT LOCAL		SPORT LOCAL			
13:00						ZUMBA	
13:15		SPORTCYCLE 45' SPORTCYCLE 45'		SPORTCYCLE 45' SPORTCYCLE 45'			
17:00	ZUMBA TEENS	CALISTENIA TEENS	ZUMBA TEENS	CALISTENIA TEENS			
18:00	CALISTENIA ESFERO PILATES	ZUMBA	CALISTENIA ESFERO PILATES	ZUMBA	CALISTENIA ESFERO PILATES		
18:45		HATHA YOGA		HATHA YOGA			
19:00	SPORTFUNCTIONAL SPORTCYCLE 45' BODY PUMP	TALLER 100% ABDOMINALES 30'	SPORTFUNCTIONAL BODY PUMP SPORTCYCLE 45'	TALLER 100% ABDOMINALES 30'	SPORTFUNCTIONAL SPORTCYCLE 45' BODY PUMP		
19:30		BODY COMBAT		BODY COMBAT			
20:00	STRETCHING	CALISTENIA	STRETCHING	CALISTENIA	STRETCHING		
20:15	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING		
20:30	TALLER 100% ABDOMINALES 30'	SPORTCYCLE 45'	TALLER 100% ABDOMINALES 30'	SPORTCYCLE 45'	TALLER 100% ABDOMINALES 30'		
21:00	SPORTCYCLE 45'		SPORTCYCLE 45'		SPORTCYCLE 45'		

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