

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:00	100% ABDOMINALES SPORTCYCLE	CROSS TRAINING LOCAL MIX SPORTCYCLE	BODY COMBAT SPORTCYCLE	LOCAL MIX CROSS TRAINING SPORTCYCLE	100% ABDOMINALES SPORTCYCLE		
09:00	STRETCHING	TABATA OUTDOOR	YOGA	TABATA OUTDOOR	STRETCHING	BODY PUMP	
10:00						YOGA	
11:00						BODY COMBAT SPORTCYCLE	
12:00						ZUMBA	
17:00	CROSS TRAINING	CROSS TRAINING	YOGA CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
18:00	SPORTCYCLE BODY PUMP CROSS TRAINING	HIIT SPORTCYCLE CROSS TRAINING	BODY PUMP SPORTCYCLE CROSS TRAINING	HIIT CROSS TRAINING SPORTCYCLE	CROSS TRAINING GAP SPORTCYCLE		
19:00	SPORTCYCLE 100% ABDOMINALES CROSS TRAINING	SPORTCYCLE CROSS TRAINING BODY COMBAT	SPORTCYCLE CROSS TRAINING DANCE BOOM	SPORTCYCLE CROSS TRAINING BODY COMBAT	SPORTCYCLE ZUMBA CROSS TRAINING		
20:00	CROSS TRAINING SPORTFUNCTIONAL	CROSS TRAINING FULL LOCAL	SPORTFUNCTIONAL CROSS TRAINING	FULL LOCAL CROSS TRAINING	SPORTFUNCTIONAL CROSS TRAINING		

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