

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:30 - 09:30	Sala 2		BODY PUMP		BODY PUMP		
09:30 - 10:30	Sala 1	G.A.P.					
	Sala 2			BODY PUMP			
10:30 - 11:00	Sala 1		ABD TOTAL		GLUTE-UP		
10:30 - 11:30	Sala 2	BODY PUMP	ACOND. FISICO	GIMNASIA SUAVE	ACOND. FISICO	GIMNASIA SUAVE	BODY PUMP
11:00 - 11:30	Sala 1				ABD TOTAL		
15:00 - 15:30	Sala 1	ABD TOTAL		ABD TOTAL			
17:00 - 18:00	Sala 2			DEFENSA PERSONAL			
18:00 - 19:00	Sala 2	BODY PUMP					
	Sala 1	G.A.P.					
18:30 - 19:00	Sala 1		ABD TOTAL				
19:00 - 19:30	Sala 1		GLUTE-UP				
19:00 - 20:00	Sala 2	B.PUMP HEAVY		B.PUMP HEAVY		BODY PUMP	
20:00 - 20:30	Sala 2					ABD TOTAL	
	Sala 1	GLUTE-UP					
20:00 - 21:00	Sala 2		BODY PUMP		BODY PUMP		
20:30 - 21:00	Sala 1	ABD TOTAL		GLUTE-UP			