

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
09:30 - 10:30	Sala 1	G.A.P.	ZUMBA	BODY COMBAT	STEP	YOGA	
10:30 - 11:00	Sala 1		ABD TOTAL		GLUTE-UP		
11:00 - 11:30	Sala 1		HIFT		ABD TOTAL		
11:30 - 12:30	Sala 1	BODY BALANCE		YOGA			
14:30 - 15:00	Sala 1	HIFT		HIFT			
15:00 - 15:30	Sala 1	ABD TOTAL		ABD TOTAL			
18:00 - 19:00	Sala 1	G.A.P.		CROSSTRAINING			
18:30 - 19:00	Sala 1		ABD TOTAL				
19:00 - 19:30	Sala 1		GLUTE-UP		HIFT		
19:00 - 20:00	Sala 1	BODY BALANCE		BODY BALANCE			
19:30 - 20:30	Sala 1		YOGA		YOGA		
20:00 - 20:30	Sala 1	GLUTE-UP		HIFT			
20:30 - 21:00	Sala 1	ABD TOTAL		GLUTE-UP			
20:30 - 21:30	Sala 1		ZUMBA				