

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:30 - 09:30	Sala 2	ESPALDA SANA	BODY PUMP	ESPALDA SANA	BODY PUMP		
09:30 - 10:30	Sala 2	PILATES	PILATES	BODY PUMP	PILATES	CROSSTRaining	
10:30 - 11:30	Sala 2	BODY PUMP	ACOND. FISICO	GIMNASIA SUAVE	ACOND. FISICO	GIMNASIA SUAVE	BODY PUMP
11:30 - 12:30	Sala 2		ESPALDA SANA			PILATES	
17:00 - 18:00	Sala 2	ESPALDA SANA		DEFENSA PERSONAL		CROSSTRaining	
18:00 - 19:00	Sala 2	BODY PUMP	PILATES	PILATES	ESPALDA SANA	PILATES	
					CROSSTRaining		
19:00 - 20:00	Sala 2	B.PUMP HEAVY	CROSSTRaining	B.PUMP HEAVY	BODY COMBAT	BODY PUMP	
20:00 - 20:30	Sala 2					ABD TOTAL	
20:00 - 21:00	Sala 2	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP		
20:30 - 21:30	Sala 2				ZUMBA		
21:00 - 22:00	Sala 2	LATINOS	BULERIAS	LATINOS	BULERIAS		