

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:30 - 09:30	Sala 2	ESPALDA SANA		ESPALDA SANA			
09:30 - 10:30	Sala 2		PILATES	BODY PUMP			
10:30 - 11:30	Sala 2	BODY PUMP	ACOND. FISICO	GIMNASIA SUAVE			
11:30 - 12:30	Sala 2		ESPALDA SANA				
18:00 - 19:00	Sala 2	BODY PUMP	PILATES	PILATES			
19:00 - 20:00	Sala 2	B.PUMP HEAVY	CROSSTRAINING	B.PUMP HEAVY			
20:00 - 21:00	Sala 2	BODY COMBAT	BODY PUMP	BODY COMBAT			