

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:30 - 09:30	Sala 2	ESPALDA SANA		ESPALDA SANA			
09:30 - 10:30	Sala 1	G.A.P.					
	Sala 2	BODY COMBAT					
10:30 - 11:30	Studio Cycling	CICLO INDOOR					
	Sala 2	BODY PUMP	ACOND. FISICO	GIMNASIA SUAVE			
11:00 - 11:30	Sala 1		ABD TOTAL				
11:30 - 12:30	Sala 1	BODY BALANCE		YOGA			
	Sala 2		ESPALDA SANA				
18:00 - 19:00	Sala 2	BODY PUMP	PILATES	PILATES			
	Sala 1	G.A.P.					
19:00 - 20:00	Sala 2	B.PUMP HEAVY	CROSSTRAINING	B.PUMP HEAVY			
	Sala 1	BODY BALANCE					
19:30 - 20:30	Studio Cycling		CICLO INDOOR				
20:00 - 21:00	Sala 2	BODY COMBAT	BODY PUMP	BODY COMBAT			
20:30 - 21:30	Studio Cycling	CICLO INDOOR					