

		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 1	G.A.P.	ZUMBA	BODY COMBAT	STEP	YOGA	
	Sala 2	PILATES	PILATES	BODY PUMP	PILATES	CROSSTRaining	
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
	Studio Cycling	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
11:00 - 11:30	Sala 1		HIFT		ABD TOTAL		
11:30 - 12:30	Studio Cycling						CICLO INDOOR
	Sala 2		ESPALDA SANA			PILATES	
	Sala 1	BODY BALANCE		YOGA			
14:30 - 15:00	Sala 1	HIFT		HIFT			
14:30 - 15:30	Studio Cycling		CICLO INDOOR		CICLO INDOOR		
15:00 - 15:30	Sala 1	ABD TOTAL		ABD TOTAL			
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		
	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 2	B.PUMP HEAVY	CROSSTRaining	B.PUMP HEAVY	BODY COMBAT	BODY PUMP	
	Sala 1	BODY BALANCE		BODY BALANCE			
19:30 - 20:30	Studio Cycling	CICLO INDOOR	CICLO INDOOR		CICLO INDOOR		
	Sala 1		YOGA		YOGA		
20:00 - 20:30	Sala 2					ABD TOTAL	
	Sala 1	GLUTE-UP		HIFT			
20:00 - 21:00	Sala 2	BODY COMBAT	BODY PUMP	BODY COMBAT	BODY PUMP		
20:30 - 21:00	Sala 1	ABD TOTAL		GLUTE-UP			
20:30 - 21:30	Sala 1		ZUMBA				
	Sala 2				ZUMBA		
21:00 - 22:00	Sala 2	LATINOS	BULERIAS	LATINOS	BULERIAS		