

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
09:30 - 10:15			G.A.P.		G.A.P.		
10:30 - 11:15		BODY PUMP		BODY PUMP		BODY PUMP	BODY PUMP
11:45 - 12:00		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
19:00 - 19:45						BODY PUMP	
19:30 - 20:15			G.A.P.		G.A.P.		
			BODY PUMP				
20:00 - 20:45		BODY PUMP		BODY PUMP			
20:30 - 21:15					BODY PUMP		