

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
00:00 -		BAILES LATINOS					
07:30 - 08:15		CROSS-TRAINING		CROSS-TRAINING			
08:00 - 08:45			YOGA		YOGA		
09:00 - 09:30		ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	ESPALDA SANA		
09:30 - 10:15		ZUMBA	G.A.P.	ZUMBA	CYCLING	CYCLING	
		CYCLING	CYCLING	CYCLING	G.A.P.	ZUMBA	
10:30 - 11:15		CROSS-TRAINING	PILATES	BODY PUMP	PILATES	BODY PUMP	BODY PUMP
		BODY PUMP		CROSS-TRAINING		CROSS-TRAINING	
11:30 - 12:15							CYCLING
11:45 - 12:00		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
18:00 - 18:30			ESPALDA SANA		ESPALDA SANA		
18:00 - 18:45		YOGA		CROSS-TRAINING		YOGA	
		CROSS-TRAINING		YOGA			
18:30 - 19:15			PILATES		CROSS-TRAINING		
			CROSS-TRAINING		PILATES		
19:00 - 19:45		CYCLING		CROSS-TRAINING		CROSS-TRAINING	
		ZUMBA		CYCLING		BODY PUMP	
		CROSS-TRAINING					
19:30 - 20:15			BODY PUMP		CYCLING		
			G.A.P.		BODY COMBAT		
			CYCLING		G.A.P.		
20:00 - 20:45		BODY PUMP		CYCLING		CROSS-TRAINING	
		CYCLING		BODY PUMP		CYCLING	
		GLUTEBOOM		ZUMBA			
20:30 - 21:15			BODY COMBAT		BODY PUMP		
			CYCLING		CROSS-TRAINING		
			CROSS-TRAINING				
21:00 - 21:45		YOGA		YOGA			