

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
00:00 -		BAILES LATINOS					
08:00 - 08:45		CROSS-TRAINING	YOGA	CROSS-TRAINING	YOGA	CROSS-TRAINING	
09:00 - 09:30		ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	
09:30 - 10:15		ZUMBA	G.A.P.	CYCLING	G.A.P.	ZUMBA	
		CYCLING	CYCLING	ZUMBA	CYCLING	CYCLING	
10:30 - 11:15		CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	PILATES	CROSS-TRAINING	
			PILATES		CROSS-TRAINING		
11:30 - 12:15							CYCLING
11:45 - 12:00		ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	ABDOMINALES	
17:30 - 18:00			ESPALDA SANA		ESPALDA SANA		
18:00 - 18:45		YOGA	PILATES	YOGA	PILATES	YOGA	
		CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING		
19:00 - 19:45		CROSS-TRAINING	CYCLING	GLUTEBOOM	G.A.P.	CROSS-TRAINING	
		ZUMBA	G.A.P.	CYCLING	CYCLING		
		CYCLING		CROSS-TRAINING	BODY COMBAT		
20:00 - 20:45		CYCLING	BODY COMBAT	ZUMBA	CYCLING	CYCLING	
			CYCLING	CYCLING	CROSS-TRAINING	CROSS-TRAINING	
			CROSS-TRAINING	BODY PUMP			
21:00 - 21:45		YOGA		YOGA			