

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
08:00 - 08:45			YOGA	CROSS-TRAINING	YOGA	CROSS-TRAINING	
09:00 - 09:30			ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	ESPALDA SANA	
09:30 - 10:15			G.A.P.	CYCLING	CYCLING	CYCLING	
			CYCLING	ZUMBA	G.A.P.	ZUMBA	
10:30 - 11:15			CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	CROSS-TRAINING	
			PILATES				
11:30 - 12:15							CYCLING
11:45 - 12:00		ABDOMINALES	ABDOMINALES	ABDOMINALES			
17:30 - 18:00			ESPALDA SANA		ESPALDA SANA		
18:00 - 18:45			PILATES	CROSS-TRAINING	CROSS-TRAINING	YOGA	
			CROSS-TRAINING	YOGA		ZUMBA	
19:00 - 19:45			G.A.P.	CROSS-TRAINING	CYCLING	CROSS-TRAINING	
			CYCLING	CYCLING	G.A.P.		
					BODY COMBAT		
20:00 - 20:45			CYCLING	ZUMBA	CYCLING	CYCLING	
			BODY COMBAT	BODY PUMP	CROSS-TRAINING	CROSS-TRAINING	
			CROSS-TRAINING	CYCLING			
21:00 - 21:45			YOGA				
21:00 - 22:30	Sala de Colectivas				BAILES LATINOS		