

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
06:55		Body Balance V...		Body Balance V...				06:55
07:00	Body Pump	Spinnning Sala 1	Trx	Spinnning Sala 1	Tonificación			07:00
	SPINNING VIRT...							
08:00	SPINNING VIRT...	SPINNING VIRT...	SPINNING VIRT...	SPINNING VIRT...				08:00
		Pilates	Yoga	Pilates				
08:05	Body Balance V...							08:05
08:10					SPINNING VIRT...	SPINNING VIRT...		08:10
09:00	body vive	Pilates	body vive	Entreno Funcio...	Yoga pilates	Tonificación		09:00
				Pilates				
09:05			Trx					09:05
09:10	Spinnning Sala 1		Spinnning Sala 1		Spinnning Sala 1			09:10
10:00					Tonificación			10:00
10:05						Spinnning Sala 1		10:05
10:15		Body Pump		Body Pump				10:15
10:30	Body Pump virt...		Body Pump virt...					10:30
11:00		SPINNING VIRT...		Spinning - Clas...	SPINNING VIRT...			11:00
11:10					Body Pump virt...			11:10
11:45						SPINNING VIRT...		11:45
12:00		Body Balance V...		Body Balance V...		Body Balance V...		12:00
13:00	Body Pump virt...		Body Pump virt...		SPINNING VIRT...			13:00
16:00	SPINNING VIRT...		SPINNING VIRT...					16:00
16:55					Body Pump			16:55
17:00		Spinnning Sala 1	SPINNING VIRT...	Spinning - Clas...	Spinning - Clas...			17:00
				G.A.P.				
17:05		Tonificación						17:05
17:55				Pilates				17:55
18:00	Body Pump		Spinning - Clas...		Zumba			18:00
			Body Pump		SPINNING VIRT...			
18:05	Spinnning Sala 1	Pilates						18:05
18:55				Zumba				18:55
19:00				Pilates	Spinnning Sala 1			19:00
19:05	Pilates	Spinnning Sala 1	stretching	Spinnning Sala 1	HERO			19:05
		Zumba			stretching			
19:10	Entreno Funcio...		Entreno Funcio...					19:10
19:45		Bodyjump						19:45
20:00	Spinnning Sala 1		Spinnning Sala 1	Bodyjump				20:00
	Boxeo		Boxeo					
20:05	Trx	Cross Training		Cross Training				20:05
20:15				SPINNING VIRT...				20:15
20:20		Body Pump		Body Pump virt...				20:20
20:30		Spinning - Clas...						20:30