



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9:00	FITNESS 9:30 - 10:15	FITNESS 9:30 - 10:15	FITNESS 9:30 - 10:15	FITNESS 9:30 - 10:15		
10:00	CICLO INDOOR 10:30 - 11:15	PILATES 10:15 - 11:00	CICLO INDOOR 10:30 - 11:15	PILATES 10:15 - 11:00	FITNESS 10:30 - 11:15	FITNESS 10:30 - 11:15
11:00						
18:00	FITNESS 18:00 - 18:45	FITNESS 18:00 - 18:45	FITNESS 18:00 - 18:45	FITNESS 18:00 - 18:45		
19:00	PILATES 19:00 - 19:45	ENT. SUSPENSIÓN 19:00 - 19:45	PILATES 19:00 - 19:45	ENT. SUSPENSIÓN 19:00 - 19:45	FITNESS 18:45 - 19:30	
20:00	CICLO INDOOR 19:45 - 20:30	CROSS & FIT 20:00 - 21:00	CICLO INDOOR 19:45 - 20:30	CROSS & FIT 20:00 - 21:00	CICLO INDOOR 19:45 - 20:30	
	AERODANCING 20:30 - 21:15		AERODANCING 20:30 - 21:15	RUNNING 20:30 - 21:15		
21:00		YOGA 21:00 - 21:45		YOGA 21:00 - 21:45		