

HORA	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO	
7:30	TRX 30'	0	ESPALDA SANA	1	TRX 30'	0	BALANCE	1	TRX 30'	0				
8:30	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0				
9:30	BODY PUMP	1	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S				
	PILATES	2	GIMNASIA	2	BODY PUMP	1	ESPALDA SANA	1	GIMNASIA	2	BODY PUMP	1		
10:00	CYCLING	S					TRX 30'	0			ZUMBA	3		
10:30	ZUMBA	2	DANCE	1	ZUMBA	2	ACUAFIT 45'	P	BODY PUMP	1	BALANCE	2	DANCE	2
	ACUAFIT45'	P	ACUAFIT45'	P	HIIT 30'	1	PILATES	1	DANCE	2				
11:00	TRX 30'	0	ABD 15'	0	ACUAFIT45'	P	ABD 15'	0	TRX 30'	0	CYCLING	S	CYCLING	S
11:30	FUNCIONAL	2	BODY COMBAT	1			YOGA 1H30'	3	ACUAFIT45'	P			BODY COMBAT	2
	BALANCE	1	ESPALDA SANA	2	TRX 30'	0	STEP	2	SEVILLANAS	2	FUNCIONAL	2		
12:00					STRETCHING	1								
12:30	ACUAFIT45'	P	YOGA	3	ACUAFIT 45'	P			PILATES	2	ACUAFIT 45'	P		
15:30	CYCLING	S	HIIT 30'	0	FUNCIONAL	0	ESPALDA SANA	0	CYCLING	S				
16:00	ACUATERAPIA	P			ACUATERAPIA	P			ACUATERAPIA	P				
16:30	TRX 30'	0	YOGA	3	ABD 15'	0	TRX 30'	0	ABD 15'	0				
17:00			ACUAFIT45'	P			SEVILLANAS	2	ACUAFIT45'	P				
17:30	PILATES	2	BALANCE	3	STRETCHING	1								
	TRX 30'	0			TRX 30'	0	ABD 15'	0	TRX 30'	0				
18:00	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	DANCE	2				
	GAP 30'	1	BODY PUMP	1			FUNCIONAL	2	BODY PUMP	1				
	DANCE	3	DANCE	2	ACUAFIT 45'	P	ACUAFIT 45'	P	YOGA	3				
18:30	BALANCE	2	YOGA	3	PILATES	1	TRX 30'	0						
	ACUAFIT45'	P	TRX 30'	0	DANCE	3								
	BODY PUMP	1												
19:00	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	B.LATINO PAREJA	1		
			HIIT 30'	1			ZUMBA	3	BODY COMBAT	2				
	BODY COMBAT	3	BODY COMBAT	2	FUNCIONAL	2	PILATES	2	ESPALDA SANA	1				
		ACUAFIT45'	P			BODY PUMP	1							
19:30	TRX 30'	S			BODY COMBAT	3	ABD 15'	0						
	FUNCIONAL	2			ESPALDA SANA	1								
	ACUAFIT45'	P												
20:00	ZUMBA	3	STEP	1			STEP	1	CORE+STRETCHING	1				
	STRETCHING	1	BALANCE	2			BALANCE	2						
	RUNNING				RUNNING		ACUAFIT 45'	P	ACUAFIT45'	P				
20:30			B.LATINO PAREJA	3										
	HIIT 30'	2	ACUAFIT45'	P	ACUAFIT 45'	P	B.LATINO PAREJA INICIACIÓN	3						
			CYCLING	S	BODY PUMP	1								
21:00	TRX 30'	0	TRX 30'	0	TRX 30'	0	CYCLING	S	TRX 30'	0				
22:00	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0				