

	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
	1	2	1	2	1	2	1	2	1	2
9:30	BODY WER		CIRCUIT 45'		BODY WER		GAP			BICI45'
10:00		BICI 45'				BICI		BICI		
10:15				BICI					ABS	
10:30						RUNNERS	LTR		YOGA45'	RUNNERS
10:45	YOGA		PILATES		YOGA					
11:15										
11:30	AQUAFIT		HIPOPRE		AQUAFIT		HIPOPRE		AQUAFIT	
18:00									G.T.	17:00
18:15	GAP		STEP		LTR		STEP			
18:45			BODY WER				CROSS45'			
19:00	PILATES				PILATES					
19:15			HIPOPRE							
19:30		BICI				BICI45	STRECH			BICI
19:45			CROSS45'					BICI		
20:00	BODY WER45									
20:15				AQUAFIT			ABS	AQUAFIT		
20:30			YOGA45'		G.T.		YOGA45'		G.T.	
20:45	STRECH									
21:00				ATR				ATR		