

HORARIO DE ACTIVIDADES

Horario	■ Tonificación ■ Aeróbico ■ Mente - Cuerpo					
	Lunes	Martes	Miércoles	Jueves	Viernes	Horario
08:30 / 09:30	PILATES	TRX / ABDOMEN EXPRESS	PILATES	TRX / ABDOMEN EXPRESS	PILATES	08:30 / 09:30
09:30 / 10:30	BODY FITNESS	YOGUILATES	FUNCIONAL	YOGUILATES	BODY FITNESS	09:30 / 10:30
10:30 / 11:30	CUBBÁ	GAP	CARDIO STEP	GAP	CUBBÁ	10:30 / 11:30
11:30 / 12:30	PILATES CLÁSICO	PILATES	PILATES DYNAMIC	PILATES	PILATES	11:30 / 12:30
12:30 / 13:00	GAP 30'	FUNCIONAL	GAP 30'	FUNCIONAL	ELASTIC FIT	12:30 / 13:00
13:30 / 14:30	FREE TRAINING	FREE TRAINING	FREE TRAINING	FREE TRAINING	FREE TRAINING	13:30 / 14:30
14:30 / 15:30	PILATES	BODY FITNESS	CARDIO STEP	BODY FITNESS	PILATES	14:30 / 15:30
15:30 / 16:30	CIRCUIT TRAINING	PILATES	BODY FITNESS	BODY BARRE / ELASTIC FIT	BALANCE	15:30 / 16:30
16:30 / 17:30	FREE TRAINING	FREE TRAINING	BALANCE	FREE TRAINING	BODY BARRE / ELASTIC FIT	16:30 / 17:30
17:30 / 18:30	DANZA ORIENTAL	CARDIO TRAINING	FREE TRAINING	PILATES		17:30 / 18:30
18:30 / 19:30	HATHA YOGA	VINYASA YOGA	CUBBÁ	JUNIOR TRAINING		18:30 / 19:30
19:30 / 20:30	CARDIO TRAINING	PILATES CLUB DE RUNNING	BODY FITNESS	PILATES CLUB DE RUNNING		19:30 / 20:30
20:30 / 21:30		FUNCIONAL	HATHA YOGA	FUNCIONAL		20:30 / 21:30