

HORARIO ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:30 - 9:30	PILATES	TRX ABDOMEN EXPRESS	PILATES	TRX ABDOMEN EXPRESS	PILATES
9:30 - 10:30	BODY-FITNESS	YOGUILATES	FUNCIONAL	YOGUILATES	BODY FITNESS
10:30 - 11:30	CUBBÁ	GAP	CARDIO STEP	GAP	CUBBÁ
11:30 - 12:30	PILATES CLASICO	PILATES	PILATES DYNAMIC	PILATES	PILATES
12:30 - 13:30	GAP	FUNCIONAL	GAP	FUNCIONAL	ELASTIC FIT
13:30 - 14:00	FREE TRAINING	FREE TRAINING	FREE TRAINING	FREE TRAINING	FREE TRAINING
14:30 - 15:30	PILATES	BODY FITNESS	CARDIO STEP	BODY FITNESS	PILATES
15:30 - 16:30	CIRCUIT TRAINING	PILATES	BODY FITNESS	BODY BARRE ELASTIC FIT	BALANCE
16:30 - 17:00	FREE TRAINING	FREE TRAINING	BALANCE	FREE TRAINING	BODY BARRE ELASTIC FIT
17:30 - 18:30	BALANCE	CARDIO TRAINING	FREE TRAINING	PILATES	
18:30 - 19:30	HATHA YOGA	VINYASA YOGA	CUBBÁ	JUNIOR TRAINING	
19:30 - 20:30	CARDIO TRAINING	PILATES CLUB DE RUNNING	BODY FITNESS	PILATES CLUB DE RUNNING	
20:30 - 21:30	GAP	FUNCIONAL	HATHA YOGA	FUNCIONAL	