

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
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9:30
10:30
11:30
14:00
18:30
19:30
20:30

9:30	STEP MIX	PILATES	TOP PUMP	BIKING	EN FORMA			
10:30	TABATA	TBC	CARDIO JUMP	SLOW YOGA	STEP MIX	MINDFULNESS		
11:30	TONO STRETCH	FIT WALKING	TONO STRETCH	EN FORMA	TABATA	MUAY THAI		
14:00	CROSS HIT	YOGA	PILATES	YOGA	TOP PUMP	HIIT	SLOW YOGA	
18:30	POWER PILATES	HIIT	STEP MIX	FIT WALKING	ZUMBA	BIKING	TBC	
19:30	ZUMBA	SLOW YOGA	ZUMBA TONING	CROSS HIT	TABATA	FIT WALKING	EN FORMA	STRONG NATION
20:30	STRONG NATION	BIKE HIIT	ZUMBA	YOGA	TONO STRETCH	ZUMBA FITNESS		