

# Clases colectivas

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:30 a 09:15	STRETCH 8,30 - 9,00	CICLO INDOOR	PILATES REFORMER 8,30 - 9,30	CICLO INDOOR	PILATES	
09:15 a 10:00	CICLO INDOOR	PILATES REFORMER 9,15 - 10,15	CICLO INDOOR	BODY FITNESS	CICLO INDOOR	CICLO INDOOR 9:30- 10:15
10:15 a 11:00	PILATES	GAP	PILATES	GAP	STRETCH 10,15-10,45	PILATES 10,30 - 11,15
11:30 a 13:00	HATHA YOGA	ZUMBA 11,00 - 11,45	VINYASA YOGA	PILATES REFORMER 11,30 - 12,30	YOGA GOLF 11,30 - 12,30	HATHA YOGA
12:30 a 13:15		AQUA GYM		AQUA GYM	AQUA GYM	
14:00 a 15:00						
17:30 a 19:00	HATHA YOGA		YOGA GOLF 17,30 - 18,30	YIN YOGA		
18:30 a 19:15		BODY FITNESS	GAP		BODY FITNESS	
19:15 a 20:00	CICLO INDOOR	ZUMBA	CICLO INDOOR	ZUMBA	CICLO INDOOR	
20:00 a 20:45	GAP		PILATES	CICLO INDOOR	PILATES	