

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	BODY FITNESS	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	ZUMBA 10,45-11,30
11:30 a 12:15	YOGA 11,30 - 13,00	ZUMBA 11,00 - 11,45	YOGA 11,30 - 13,00	PILATES REFORMER	YOGA 11,30 - 13,00	
12:30 a 13:15		AQUA GYM		AQUA GYM	AQUA GYM	
14:30 a 15:30						
17:00 a 18:00						
18:00 a 19:00	YOGA	BODY FITNESS 18,30 - 19,15	GAP 18,30 - 19,15	YOGA	BODY FITNESS 18,30 - 19,15	
19:15 a 20:00	CICLO INDOOR	ZUMBA	CICLO INDOOR	ZUMBA 19,00 - 19,45	CICLO INDOOR	
20:00 a 20:45	GAP	CORE 20,00 - 20,30	PILATES	CICLO INDOOR	PILATES	