

	<i>LUNES</i>	<i>MARTES</i>	<i>MIÉRCOLES</i>	<i>JUEVES</i>	<i>VIERNES</i>	<i>SÁBADO</i>
06:45 – 07:30	CYCLING		CYCLING			
09:30– 10:00		ABDOMINALES		GAP		
10:00– 11:00	CYCLING	CYCLING	BODYPUMP	CYCLING	BODYPUMP	CYCLING 10:30 HORAS
11:00 – 12:00	ZUMBA	HIPOPRESIVOS (30 min.)	ZUMBA	PILATES		
14:00 – 15:00	CYCLING	ZUMBA	CYCLING	BODYPUMP	CYCLING	
		CYCLING				
17:00 – 18:00	BODYPUMP		YOGA	HIPOPRESIVOS (30 min.)		
17:30 – 18:30		BODYPUMP				
18:00 – 19:00	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING
	PILATES		PILATES		ZUMBA	
18:30 – 19:30	ZUMBA	ZUMBA				
19:00 – 20:00			BODYPUMP	ZUMBA	BODYPUMP	
19:30 – 20:30		CYCLING		CYCLING		
20:00 – 21:00	BODYSTEP	BODYATTACK	BODYSTEP			