






HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
8:30		YOGA 8:45h					
9:30	LES MILLS BODYBALANCE	PILATES CON COMPLEMENTOS	STRETCHING	YOGA	GIMNASIA SUAVE		
10:30	 ZUMBA fitness	LES MILLS BODYPUMP	 ZUMBA fitness	LES MILLS BODYPUMP	LES MILLS BODYBALANCE		
11:30	CICLING INDOOR	GAP	LES MILLS BODYBALANCE	CICLING INDOOR	CICLING INDOOR		
13:00- 18:00	CYCLING VIRTUAL						
18:15	 ZUMBA fitness	GAP	LES MILLS BODYPUMP	CIRCUIT TRAINING	LES MILLS BODYPUMP		
19:15	LES MILLS BODYPUMP	 ZUMBA fitness	ABD. EXPRES 19:00h LES MILLS BODYBALANCE	 ZUMBA fitness	ABD. EXPRES 19:00h		
20:15	ABD. EXPRES 20:00h CICLING INDOOR	YOGA	CICLING INDOOR	LES MILLS BODYBALANCE			