





















HRS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
09:30	PILATES 	BODY-COMBAT 	G.A.P 	PILATES 	BODY PUMP 	10:00-11:00. ZONA DE AGUA CERRADA 
10:40		AQUA GYM 		AQUA GYM 	10:45-11:45 ZONA DE AGUA CERRADA. 	SPINNING 11:30 
14:15	SPINNING 	BODY PUMP 	SPINNING 	BODY PUMP 	SPINNING 	
18:00	ZUMBA GOLD 	ABDOMEN 		ABDOMEN 		
19:00	BODY-PUMP 	ZUMBA FITNESS 	BODY-COMBAT 	PILATES 	ZUMBA FITNESS 	
20:00	G.A.P 	PILATES 	TECNICA BODY COMBAT 	BODY COMBAT 		
20:00	SPINNING 	SPINNING 	SPINNING 	SPINNING 		
21:00	BODY COMBAT 	BODY-PUMP 	G.A.P 	BODY-PUMP 		
21:00		SPINNING 		SPINNING 