

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
7.30	CYCLING		CYCLING			
8.00		TRX	TCT	TRX	CYCLING	
9.15	TONE					TCT
9.30		BODYPUMP CYCLING	BODYBALANCE	BODYPUMP CYCLING	TCT AQUA	
10.10	AQUA					
10.15	TRX					BODYPUMP CYCLING
10.45		BODYBALANCE	AQUA TRX	BODYBALANCE	BODYBALANCE	
11.30						BODYBALANCE
13.15		BODYPUMP		BODYPUMP		
13.30	CYCLING		CYCLING			
16.00		PILATES				
16.20				TRX	ABDOMINALES	
17.00	BODYPUMP	SHBAM	BODYBALANCE	TONE		
17.15	CYCLING		CYCLING		CYCLING	
17.30	TRX EXTERIOR		TRX EXTERIOR		PILATES	
18.00		BODYPUMP CYCLING TRX EXTERIOR		BODYPUMP CYCLING TRX EXTERIOR		
18.10	BODYBALANCE		BODYJAM			
18.30	CYCLING		CYCLING		BODYBALANCE	
18.45					CYCLING	
19.10		BODYBALANCE		BODYBALANCE		
19.15	BODYPUMP		BODYPUMP			
19.45		CYCLING		CYCLING		
20.15		BODYCOMBAT			BODYCOMBAT	