

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
14:15		CROSSHIIT		CROSSHIIT	
14:30	EXPRESS-TRAINING		EXPRESS TRAINING		EXPRESS TRAINING
15:15	STRECHCORE		STRECHCORE		STRECHCORE
16:30		WOMAN TRAINING		WOMAN TRAINING	
17:15	WOMAN TRAINING		WOMAN TRAINING		WOMAN TRAINING
18:00	PILATES		PILATES		
18:45	SENIOR GYMNASTIC		SENIOR GYMNASTIC		SENIOR GYMNASTIC
19:00		CLUB PÉRDIDA DE PESO		CLUB PÉRDIDA DE PESO	
19:15	CORE		CORE		CORE
19:30	PILATES		PILATES		
19:45		PILATES		PILATES	
20:00	CROSSLESS	CLUB DEL CORREDOR	CROSSLESS	CLUB DEL CORREDOR	CROSSHIIT
		SENIOR GYMNASTIC		SENIOR GYMNASTIC	CROSSHIIT
20:30	CROSSHIIT	BODY PERFECT	CROSSHIIT	BODY PERFECT	
20:45		WEIGHT TRAINING		WEIGHT TRAINING	
21:00		BALONCESTO			
21:30	CARDIOTRAINING		CARDIOTRAINING		

