

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:10 - 8:00	CICLO	POWER PULL	FUNCTIONAL TR.	POWER PUSH	CICLO		
9:30 - 10:20	CICLO	POWER PULL	PILATES	CICLO	POWER PUSH		
10:30 - 11:20		CICLO				BODYPUMP	FUNCTIONAL TR.
11:30 - 12:20						CICLO	CORE TRAINING 20'
14:30 - 15:20	CICLO	BODYPUMP	POWER PULL	FUNCTIONAL TR.	POWER PUSH		
15:30 - 15:50	CORE TRAINING 20'		CICLO 20'				
18:00 - 18:50	BODYPUMP	PILATES			FUNCTIONAL TR.		
	POWER PULL	FUNCTIONAL TR.					
18:30 - 19:20			YOGA	CICLO			
				ZUMBA			
19:00 - 19:50	YOGA	POWER PULL	CICLO	POWER PUSH	CORE TRAINING 20'		
	FUNCTIONAL TR.	CICLO					
		ZUMBA					
19:30 - 20:20			PILATES	BODYPUMP			
20:00 - 20:49	PILATES	BODYPUMP	POWER PUSH	FUNCTIONAL TR.			
	CICLO						