

Septiembre

Lunes				Martes				Miércoles				Jueves				Viernes				Sábado			
07:20	Ciclo indor	45'	s2	07:20	Ciclo indor	45'	s2	07:20	Ciclo indor	45'	s2	07:20	Ciclo indor	45'	s2	07:20	Ciclo indor	45'	s2	10:00	KangooJumps	45'	s1
08:10	ABD	20'	s1	08:10	TRX	20'	s1	08:10	ABD	20'	s1	07:30	Escuela Yoga	55'	s6	08:10	STRETCHING	20'	s1	11:00	Yoga	55'	s6
09:00	TRX	30'	s1									08:10	TRX	20'	s1	09:00	GAP	30'	s1	11:00	Ciclo indor *	50'	s2
09:00	Escuela Yoga	55'	s6	09:00	Functionaltraining	30'	s1	09:00	TRX	30'	s1	09:00	Functionaltraining	30'	s1								
09:30	ABD	30'	s1	09:30	GAP	30'	s1	09:30	ABD	30'	s1	09:30	TRX	30'	s1	09:30	ABD	30'	s1	12:00	BODYPUMP	55'	s1
10:00	Ciclo indor *	50'	s2	10:00	Ciclo indor *	50'	s2	10:00	Ciclo indor *	50'	s2	10:00	Ciclo indor *	50'	s2	10:00	Ciclo indor *	50'	s2				
10:00	BODYCOMBAT	55'	s1	10:00	Yoguilates	55'	s6	10:00	BODYPUMP	55'	s1	10:00	Yoguilates	55'	s6	10:00	BODYPUMP	55'	s1				
10:00	Yoga	55'	s5					10:00	Yoga	55'	s5	10:00	Yoga	55'	s5	10:00	Yoga	55'	s5				
								10:00	Pilates	55'	s6												
11:00	BODYPUMP	55'	s1					11:00	Ciclo indor	50'	s2	11:00	BodyART NEW	55'	s6								
11:00	salvation	55'	s3	11:00	BodyART NEW	55'	s6	11:00	salvation	55'	s3	11:00	salvation	55'	s3	11:00	Pilates	55'	s6				
11:00	Pilates	55'	s6	11:00	Escuela Yoga	75'	s5	11:00	CLUBBELL YOGA*	55'	s6	11:00	Escuela Yoga	75'	s5	11:00	Hipopresivos	60'	s3	10:30	BODYPUMP	55'	s1
11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4	11:30	Yoga	55'	s6
																11:30	Ciclo indor *	50'	s2				
14:15	Escuela Yoga	60'	s6					14:15	Escuela Yoga	60'	s6												
14:30	Ciclo indor	50'	s2	14:30	TotalTraining	50'	s1	14:30	Ciclo indor	50'	s2	14:30	TotalTraining	50'	s1	14:30	Ciclo indor	50'	s2				
14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4	14:30	Boxeo	60'	s4	14:30	Boxeo	60'	s4				
18:00	Escuela Pilates	55'	s6	18:00	Escuela Yoga	55'	s6	18:00	Escuela Pilates	55'	s6	18:00	Pilates	55'	s6	18:00	BodyART NEW	55'	s6				
18:30	ABD	30'	s1	18:30	TRX	30'	s1	18:30	ABD	30'	s1	18:30	TRX	30'	s1								
				19:00	Krav-Maga**	60'	s4	19:00	Escuela Yoga	75'	s3	19:00	Krav-Maga**	60'	s4	19:00	Escuela Yoga	75'	s6				
				19:00	Yoga	55'	s6	19:00	CLUBBELL YOGA*	55'	s6	19:00	Yoga	55'	s6	19:00	TotalTraining	55'	s1				
19:00	Ciclo indor *	50'	s2	19:00	Ciclo indor	50'	s2	19:00	Ciclo indor	50'	s2	19:00	Ciclo indor	50'	s2	19:00	Ciclo indor	50'	s2				
19:00	MMA	60'	s4	19:00	BODYPUMP	55'	s1	19:00	MMA	60'	s4	19:00	MMA	60'	s4	19:00	BODYPUMP	55'	s1				
19:00	thecorebar	55'	s1	19:00	KangooJumps	50'	s3	19:00	thecorebar	30'	s1	19:00	thecorebar	30'	s1								
19:00	BodyART NEW	55'	s6					19:30	GAP	30'	s1												
20:00	Ciclo indor	50'	s2	20:00	Ciclo indor	50'	s2	20:00	Ciclo indor	50'	s2	20:00	KangooJumps	50'	s1	20:00	Ciclo indor *	50'	s2	20:00	Ciclo indor	50'	s2
20:00	Pilates	55'	s6	20:00	ZUMBA	55'	s3	20:00	Pilates	55'	s6	20:00	Ciclo indor *	50'	s2	20:00	ZUMBA	55'	s3				
				20:00	BODYCOMBAT	55'	s1																
20:00	Boxeo	90'	s4	20:00	Krav-Maga	30'	s4	20:00	Boxeo	90'	s4	20:00	Krav-Maga	30'	s4	20:00	Boxeo	90'	s4				
				20:30	Krav-Maga	90'	s4					20:30	Krav-Maga	90'	s4								
				20:30	Escuela Yoga	75'	s6					20:30	Escuela Yoga	75'	s6								
21:00	Escuela Pilates	55'	s6					21:00	Escuela Pilates	55'	s6												

Escuela:
 Escuela Danza:
 Novedad:
 Necesaria tarjeta numerada: *
 Krav-Maga Juvenil: **

