

# ENERO

Lunes				Martes				Miércoles				Jueves				Viernes				Sábado			
07:20	Ciclo indoor	45'	s2	07:20	Ciclo indoor	45'	s2	07:20	Ciclo indoor	45'	s2	07:20	Ciclo indoor	45'	s2	07:20	Ciclo indoor	45'	s2				
08:10	ABD	20'	s1	08:10	Functional	20'	s1	08:10	TRX	20'	s1	08:10	TRX	20'	s1	08:10	STRETCHING	20'	s1	11:00	Yoga	55'	s6
09:00	TRX	30'	s1	09:00	Functional	30'	s1	09:00	TRX	30'	s1	09:00	Functional	30'	s1	09:00	GAP	30'	s1	11:00	Ciclo indoor*	50'	s2
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
09:45	Escuela Yoga	55'	s6	09:45	Escuela Yoga	55'	s6				09:45	Escuela Yoga	55'	s6									
10:00	Ciclo indoor*	50'	s2	10:00	Ciclo indoor*	50'	s2	10:00	Ciclo indoor*	50'	s2	10:00	Ciclo indoor*	50'	s2	10:00	Ciclo indoor*	50'	s2				
10:00	BODYPUMP	55'	s1	10:00	Yoguilates	55'	s5	10:00	BODYPUMP	55'	s1	10:00	BODYPUMP	55'	s1	10:00	BODYPUMP	55'	s1				
10:00	Yoga	55'	s5					10:00	Yoga	55'	s5	10:00	Yoguilates	55'	s5	10:00	Yoga	55'	s5				
11:00	Ciclo indoor	50'	s2	11:00	Hipopresivos	60'	s1	10:00	Pilates	55'	s6												
11:00	Salvation	55'	s3	11:00	Salvation	55'	s3	11:00	Ciclo indoor	50'	s2	11:00	Salvation	55'	s3								
11:00	Pilates	55'	s6	11:00	BodyART	55'	s6	11:00	CLUBBELL YOGA*	55'	s6	11:00	BodyART	55'	s6								
11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4					11:00	Pilates	55'	s6	10:30	BODYPUMP	55'	s1
11:00	CLUBBELL TRAINING*	60'	s3												11:00	Muay Thai	60'	s4	11:30	Yoga	55'	s6	
14:30	Ciclo indoor	50'	s2	14:30	TotalTraining	50'	s1	14:30	Ciclo indoor	50'	s2	14:30	CLUBBELL TRAINING*	60'	s3	14:30	TotalTraining	50'	s1	11:30	Ciclo indoor*	50'	s2
14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4				
15:15	Escuela Yoga	60'	s6					15:15	Escuela Yoga	60'	s6												
18:00	Esc. Taekwondo	55'	s4					18:00	Esc. Taekwondo	55'	s4												
18:00	Esc. Capoeira	60'	s3	18:00	Escuela Yoga	55'	s6	18:00	Esc. Capoeira	60'	s3	18:00	Pilates	55'	s6	18:00	BodyART	55'	s6				
18:00	Escuela Pilates	55'	s6					18:00	Escuela Pilates	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	Krav-Maga**	60'	s4								
19:00	Ciclo indoor*	50'	s2					19:00	Ciclo indoor	50'	s2	19:00	Ciclo indoor	50'	s2	19:00	Ciclo indoor	50'	s2				
19:00	BodyART	55'	s6	19:00	Ciclo indoor	50'	s2	19:00	CLUBBELL YOGA*	55'	s6	19:00	BODYPUMP	55'	s1	19:00	BODYPUMP	55'	s1				
19:00	MMA	60'	s4	19:00	KangooJumps	50'	s3	19:00	MMA	60'	s4	19:00	CLUBBELL TRAINING*	60'	s3	19:00	CLUBBELL TRAINING*	60'	s3				
19:00	thecorebar	55'	s1	19:00	Yoga	55'	s6	19:00	thecorebar	30'	s1	19:00	Yoga	55'	s6	19:00	Yoga	55'	s6	19:30	Escuela Yoga	75'	s6
				19:00	Esc. Danza niños	60'	s5	19:30	GAP	30'	s1	19:00	Esc. Danza niños	60'	s5	19:00	Esc. Danza niños	60'	s5				
20:00	Pilates	55'	s6	20:00	Escuela Yoga	75'	s6	20:00	Pilates	55'	s6	20:00	Escuela Yoga	75'	s6	20:00	Escuela Yoga	75'	s6				
20:00	Ciclo indoor	50'	s2	20:00	Ciclo indoor	50'	s2	20:00	Ciclo indoor	50'	s2	20:00	Ciclo indoor*	50'	s2	20:00	Ciclo indoor*	50'	s2				
20:00	Boxeo	90'	s4	20:00	ZUMBA	55'	s3	20:00	Ciclo indoor	50'	s2	20:00	ZUMBA	55'	s3	20:00	ZUMBA	55'	s3	20:00	Boxeo	90'	s4
20:00	CLUBBELL TRAINING*	60'	s3	20:00	BODYCOMBAT	55'	s1	20:00	Boxeo	90'	s4	20:00	KangooJumps	50'	s1	20:00	KangooJumps	50'	s1				
20:00	Esc. Danza Adultos	60'	s5	20:00	Esc. Danza Juvenil	60'	s5	20:00	Esc. Danza Adultos	60'	s5	20:00	Esc. Danza Juvenil	60'	s5	20:00	Esc. Danza Juvenil	60'	s5				
				20:00	Krav-Maga	30'	s4					20:00	Krav-Maga	30'	s4	20:00	Krav-Maga	30'	s4				
				20:30	Krav-Maga	90'	s4					20:30	Krav-Maga	90'	s4	20:30	Krav-Maga	90'	s4				
21:00	Escuela Pilates	55'	s6					21:00	Escuela Pilates	55'	s6	21:00	Escuela Pilates	55'	s6	21:00	Escuela Pilates	55'	s6				
21:00	Baile Salón y Latino	60'	s5	21:00	Danza Profesional	60'	s5	21:00	Baile Salón y Latino	60'	s5	21:00	Baile Salón y Latino	60'	s5	21:00	Danza Profesional	60'	s5				

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

