

DEL 2 AL 15 DE JULIO

Lunes				Martes				Miércoles				Jueves				Viernes				Sábado			
7:20	Ciclo indoor	45'	s2	7:20	Ciclo indoor	45'	s2	7:20	Ciclo indoor	45'	s2	7:20	Ciclo indoor	45'	s2	7:20	Ciclo indoor	45'	s2				
8:10	ABD	20'	s1	8:10	Functional	20'	s1	8:10	TRX	20'	s1	7:30	Escuela Yoga	55'	s6	8:10	STRETCHING	20'	s1	10:30	BODYPUMP	55'	s1
												8:10	Functional	20'	s1					11:00	Yoga	55'	s6
9:00	TRX	30'	s1	9:00	Functional	30'	s1	9:00	TRX	30'	s1	9:00	Functional	30'	s1	9:00	GAP	30'	s1	11:30	Ciclo indoor*	50'	s2
9:30	ABD	30'	s1	9:30	GAP	30'	s1	9:30	ABD	30'	s1	9:30	TRX	30'	s1	9:30	ABD	30'	s1				
9:45	Escuela Yoga	55'	s6	9:45	Escuela Yoga	55'	s5	10:00	Ciclo indoor*	50'	s2	9:45	Escuela Yoga	55'	s6	10:00	Ciclo indoor*	50'	s2				
10:00	Ciclo indoor*	50'	s2	10:00	Ciclo indoor*	50'	s2	10:00	BODYPUMP	55'	s1	10:00	Ciclo indoor*	50'	s2	10:00	BODYPUMP	55'	s1				
10:00	BODYPUMP	55'	s1	10:00	Yoguilates	55'	s6	10:00	Yoga	55'	s5	10:00	Yoguilates	55'	s5	10:00	Yoga	55'	s5				
10:00	Yoga	55'	s5	11:00	Hipopresivos	60'	s1	10:00	Pilates	55'	s6												
				11:00	BodyART	55'	s6					11:00	BodyART	55'	s6								
11:00	Calzation	55'	s3	11:00	Calzation	55'	s3	11:00	CLUBBELL YOGA*	55'	s6	11:00	Calzation	55'	s3	11:00	Pilates	55'	s6	10:30	BODYPUMP	55'	s1
11:00	Pilates	55'	s6					11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4	11:30	Yoga	55'	s6
11:00	Muay Thai	60'	s4													11:30	Ciclo indoor*	50'	s2				
14:30	Ciclo indoor	50'	s2	14:30	Total Training	50'	s1	14:30	Ciclo indoor	50'	s2	14:30	Total Training	50'	s1	14:30	CLUBBELL TRAINING	60'	s3				
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	HIIT Training	30'	s1	18:30	Functional	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	Ciclo indoor	50'	s2				
19:00	BodyART	55'	s6	19:00	BODYPUMP	55'	s1	19:00	CLUBBELL YOGA*	55'	s6	19:00	BODYPUMP	55'	s1								
19:00	MMA	60'	s4	19:00	Kangoo Jumps	50'	s3	19:00	MMA	60'	s4												
19:00	the corebar	55'	s1	19:00	Yoga	55'	s6	19:00	the corebar	30'	s1	19:00	Yoga	55'	s6	19:30	Escuela Yoga	75'	s6				
19:00	Hipopresivos	60'	s3					19:30	GAP	30'	s1												
20:00	Pilates	55'	s6	20:00	Escuela Yoga	75'	s6	20:00	ZUMBA	55'	s3	20:00	Escuela Yoga	75'	s6								
20:00	Ciclo indoor	50'	s2					20:00	Pilates	55'	s6	20:00	Ciclo indoor*	50'	s2								
20:00	Boxeo	90'	s4	20:00	Total Training	50'	s1				20:00	Kangoo Jumps	50'	s1	20:00	Boxeo	90'	s4					
								20:00	Boxeo	90'	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									
21:00	Escuela Pilates	55'	s6					21:00	Escuela Pilates	55'	s6												

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