

# OCTUBRE

Lunes				Martes				Miércoles				Jueves				Viernes				Sábado			
7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	10:30	BODYPUMP	55'	s1
8:10	ABD	20'	s1	8:10	TRX	20'	s1	8:10	CLUBBELL TRAINING	50'	s1	8:10	Functional	20'	s1	8:10	STRETCHING	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	GAP	30'	s1	9:30	ABD	30'	s1				
9:45	Escuela Yoga	75'	s6	9:45	Escuela Yoga	75'	s5					9:45	Escuela Yoga	75'	s5								
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	FIT BALANCE	45'	s6	10:00	BODYPUMP	55'	s1	10:00	FIT BALANCE	45'	s6	10:00	BODYPUMP	55'	s1				
10:00	Yoga	55'	s5					10:00	Yoga	55'	s5					10:00	Yoga	55'	s5				
								10:00	Pilates	55'	s6												
10:30	Boxeo	60'	s4	11:00	BodyART	55'	s6	10:30	Boxeo	60'	s4	11:00	BodyART	55'	s6	11:00	Hipopresivos	60'	s1				
11:00	Pilates	55'	s6	11:00	ZUMBA	55'	s3	11:00	ZUMBA	55'	s3	11:00	ZUMBA	55'	s3	11:00	Pilates	55'	s6	10:30	BODYPUMP	55'	s1
11:00	Ciclo express	30'	s2					11:00	Ciclo express	30'	s2									11:30	Yoga	55'	s6
								11:00	CLUBBELL YOGA	55'	s6									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	CLUBBELL TRAINING	60'	s3	14:30	Total Training	50'	s1				
14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4				
15:15	Escuela Yoga	75'	s6					15:15	Escuela Yoga	75'	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	Danza niños	60'	s5	18:00	Escuela Pilates	55'	s6	18:00	Danza niños	60'	s5								
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	Total Training	55'	s1				
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	KangooJumps	50'	s3	19:00	MMA	60'	s4	19:00	CLUBBELL TRAINING	60'	s3								
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	ZUMBA	55'	s3	19:00	Danza Juvenil	60'	s5	19:00	ZUMBA	55'	s3	19:00	Danza Juvenil	60'	s5								
20:00	Hipopresivos	60'	s1					19:30	GAP	30'	s1												
20:00	Pilates	55'	s6	20:00	Escuela Yoga	75'	s6	20:00	Pilates	55'	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	Total Training	50'	s1	20:00	Boxeo	90'	s4	20:00	KangooJumps	50'	s1	20:00	Boxeo	90'	s4				
				20:00	Danza Mujeres	60'	s5					20:00	Danza Mujeres	60'	s5								
20:00	Danza Adultos	60'	s5	20:00	Krav-Maga	30'	s4	20:00	Danza Adultos	60'	s5	20:00	Krav-Maga	30'	s4								
				20:30	Krav-Maga	75'	s4					20:30	Krav-Maga	75'	s4								
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	Danza Profesional	60'	s5								

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

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Lunes				Martes				Miércoles				Jueves				Viernes				Sábado			
7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	7:20	Ciclo indoor	50'	s2	10:30	BODYPUMP	55'	s1
8:10	ABD	20'	s1	8:10	TRX	20'	s1	8:10	CLUBBELL TRAINING	50'	s1	8:10	Functional	20'	s1	8:10	STRETCHING	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	GAP	30'	s1	9:30	ABD	30'	s1				
9:45	Escuela Yoga	75'	s6	9:45	Escuela Yoga	75'	s5					9:45	Escuela Yoga	75'	s5								
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	FIT BALANCE	45'	s6	10:00	BODYPUMP	55'	s1	10:00	FIT BALANCE	45'	s6	10:00	BODYPUMP	55'	s1				
10:00	Yoga	55'	s5					10:00	Yoga	55'	s5					10:00	Yoga	55'	s5				
								10:00	Pilates	55'	s6												
10:30	Boxeo	60'	s4	11:00	BodyART	55'	s6	10:30	Boxeo	60'	s4	11:00	BodyART	55'	s6	11:00	Hipopresivos	60'	s1				
11:00	Pilates	55'	s6	11:00	ZUMBA	55'	s3	11:00	ZUMBA	55'	s3	11:00	ZUMBA	55'	s3	11:00	Pilates	55'	s6	10:30	BODYPUMP	55'	s1
11:00	Ciclo express	30'	s2					11:00	Ciclo express	30'	s2					11:30	Yoga	55'	s6	11:30	Ciclo indoor *	50'	s2
								11:00	CLUBBELL YOGA	55'	s6												
14:30	Ciclo indoor	50'	s2	14:30	Total Training	50'	s1	14:30	Ciclo indoor	50'	s2	14:30	CLUBBELL TRAINING	60'	s3	14:30	Total Training	50'	s1				
14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4				
15:15	Escuela Yoga	75'	s6					15:15	Escuela Yoga	75'	s6												
18:00	Esc. Taekwondo	55'	s4	18:00	Escuela Yoga	55'	s6	18:00	Esc. Taekwondo	55'	s4	18:00	Esc. Capoeira	60'	s3	18:00	BodyART	55'	s6				
18:00	Esc. Capoeira	60'	s3	18:00	Danza niños	60'	s5	18:00	Esc. Capoeira	60'	s3	18:00	Pilates	55'	s6								
18:00	Escuela Pilates	55'	s6	18:00	Functional	30'	s1	18:00	Escuela Pilates	55'	s6	18:00	Danza niños	60'	s5								
18:30	HIIT Training	30'	s1	18:30	Krav-Maga**	60'	s4	18:30	ABD	30'	s1	18:30	TRX	30'	s1								
				19:00	Ciclo indoor**	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	Total Training	55'	s1				
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	KangooJumps	50'	s3	19:00	MMA	60'	s4	19:00	CLUBBELL TRAINING	60'	s3								
19:00	the corebar	55'	s1	19:00	Yoga	55'	s6	19:00	the corebar	30'	s1	19:00	Yoga	55'	s6								
19:00	ZUMBA	55'	s3	19:00	Danza Juvenil	60'	s5	19:00	ZUMBA	55'	s3	19:00	Danza Juvenil	60'	s5	19:30	Escuela Yoga	75'	s6				
20:00	Hipopresivos	60'	s1					19:30	GAP	30'	s1												
20:00	Pilates	55'	s6	20:00	Escuela Yoga	75'	s6	20:00	Pilates	55'	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	Total Training	50'	s1	20:00	Boxeo	90'	s4	20:00	KangooJumps	50'	s1	20:00	Boxeo	90'	s4				
				20:00	Danza Mujeres	60'	s5					20:00	Danza Mujeres	60'	s5								
20:00	Danza Adultos	60'	s5	20:00	Krav-Maga	30'	s4	20:00	Danza Adultos	60'	s5	20:00	Krav-Maga	30'	s4								
				20:30	Krav-Maga	75'	s4					20:30	Krav-Maga	75'	s4								
21:00	Escuela Pilates	55'	s6	21:00	Danza Profesional	60'	s5	21:00	Escuela Pilates	55'	s6	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								

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