

Noviembre

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	07:30	Escuela Yoga	55'	s6	08:10	STRETCHING	20'	s1	11:00	Yoga	55'	s6		
				09:00	CLUBBELL TRAINING*	60'	s3					08:10	Functional	20'	s1	09:00	GAP	30'	s1	11:00	Ciclo indoor*	50'	s2		
09:00	TRX	30'	s1	09:00	Functional	30'	s1	09:00	TRX	30'	s1	09:00	Functional	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		
				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					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	Hipopresivos	60'	s3						
11:00	Pilates	55'	s6	11:00	BodyART	55'	s6	11:00	CLUBBELL YOGA*	55'	s6	11:00	BodyART	55'	s6	11:00	Pilates	55'	s6						
11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4					11:00	Muay Thai	60'	s4						
																Domingo									
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						
14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4					14:30	Boxeo	60'	s4						
15:15	Escuela Yoga	60'	s6																						
17:30	Escuela Danza	60'	s5					17:30	Escuela Danza	60'	s5														
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	18:30	Esc. Danza niños	60'	s5	18:00	Escuela Pilates	55'	s6	18:30	Esc. Danza niños	60'	s5										
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	Esc. Sevillanas	60'	s5					19:00	Esc. Sevillanas	60'	s5					19:00	TotalTraining	55'	s1						
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	KangooJumps	50'	s3	19:00	MMA	60'	s4	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	19:30	Escuela Yoga	75'	s6						
				19:30	Esc. Danza niños	60'	s5	19:30	GAP	30'	s1	19:30	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	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	Boxeo	90'	s4	20:00	ZUMBA	55'	s3	20:00	Boxeo	90'	s4						
20:00	Escuela Danza	60'	s5	20:00	BODYCOMBAT	55'	s1	20:00	Escuela Danza	60'	s5	20:00	KangooJumps	50'	s3										
				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	Escuela Danza	60'	s5					20:30	Escuela Danza	60'	s5										
21:00	Escuela Pilates	55'	s6					21:00	Escuela Pilates	55'	s6														
21:00	Esc. Baile Salón	60'	s5					21:00	Esc. Baile Salón	60'	s5														
				21:30	Escuela Danza	60'	s5					21:30	Escuela Danza	60'	s5										

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

