		l	m	x	j	v	s	d
07:00 - 07:45	A1	TONO	SPEEDBIKE	CARDIO GAC	ABS-ESTIRAMIENTOS	BODYPUMP		
		SURPRISE	TRAINING					
08:00 - 08:45	A1	BODYPUMP	CROSS CNC	BODYPUMP	TRAINING			
09:00 - 09:45	A1	GAC			GAC			
09:15 - 10:00	A1	CARDIO GAC	PILATES	TRAINING		TBC		
10:00 - 10:45	A1	TONO		PILATES				
10:05 - 10:50	A1		ZUMBAS		CARDIO GAC	STEP/TONO		
11:00 - 11:45	A1	GYM DULCE	GYM DULCE	GYM DULCE	GYM DULCE	GYM DULCE		
11:30 - 12:15	A1						BODYPUMP	TRAINING
14:15 - 15:00	A1	CROSS CNC		TRAINING				
15:15 - 16:00	A1	TRAINING		CARDIO GAC	SURPRISE			
18:00 - 18:25	A1	TONO EXPRESS 25'	TONO EXPRESS 25'		ABDOMINALES 25'	TONO EXPRESS 25'		
			ABDOMINALES 25'					
18:30 - 19:15	A1	BODYPUMP	ZUMBAS		BODYPUMP	ZUMBAS JUMP		
						TONO		
19:30 - 20:15	A1	BODYCOMBAT	BODYPUMP	CARDIO GAC	ZUMBAS	CROSS CNC		
20:30 - 20:55	A1		ABDOMINALES 25'		ABDOMINALES 25'			
20:30 - 21:15	A1	CROSS CNC		CROSS CNC				