

		l	m	x	j	v	s
07:00 - 07:45	A2	SPEEDBIKE		SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	
07:00 - 07:50	A1	CNC BALANCE	STEP	PUMP		GLOB. TRAINING	
07:00 - 08:30	A2		SPEEDBIKE		CARDIO GAC		
08:00 - 08:45	A1	LATINDANCE	GLOB. TRAINING	PUMP			
08:15 - 09:00	Profunda		AIGUAGYM		AIGUAGYM		
	Pequeña	AIGUAGYM		AIGUAGYM			
09:15 - 10:00	A1	GAC	TBC	STEP	ABDO-ESTIR	GLOB. TRAINING	
	A3	STRETCHING	CNC BALANCE	STRETCHING	PILATES	CNC BALANCE	
09:30 - 10:15	A2	SPEEDBIKE	SPEEDBIKE		SPEEDBIKE	SPEEDBIKE	
09:30 - 11:00	A2			SPEEDBIKE			
10:05 - 10:50	A1	STEP/TONO	AEROBOX	GLOB. TRAINING	STEP	RFEEN CNC STYLE	CNC BALANCE
	A3					PILATES	
10:05 - 11:05	A3	IOGA		IOGA			
10:30 - 11:15	A3				DANZA VIENTRE		
11:00 - 11:45	A1	GYM DULCE	GYM DULCE	GYM DULCE	GYM DULCE	GYM DULCE	
11:00 - 11:50	A1						PILATES
11:20 - 12:05	Pequeña	AGUASUAVE		AGUASUAVE			
11:30 - 12:25	A3	PILATES		PILATES			
11:50 - 12:30	A1	TBC	GAC	STEP/TONO			
12:35 - 13:20	A1		PILATES		ENTR. FUNCIONAL		
13:00 - 13:25	A1	ABD. XPRESS		ABD. XPRESS		ABD. XPRESS	
13:15 - 14:00	Profunda		AIGUAGYM		AIGUAGYM		
	Pequeña	AIGUAGYM		AIGUAGYM			
14:15 - 15:00	A2		SPEEDBIKE		SPEEDBIKE		
15:30 - 16:15	A1	STEP/TONO		GAC		TBC	
17:30 - 18:15	A1	TBC	GYM DULCE	ESTIRAMIENTOS	GYM DULCE	TONIFICACIÓN	
18:00 - 18:45	A1				STRETCHING		
	A3	ENTR. FUNCIONAL	CNC BALANCE	CNC BALANCE			
18:00 - 19:00	A4		TAEKWONDO INF		TAEKWONDO INF	KICK BOXING	
18:30 - 19:15	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	
18:30 - 19:20	A1	STEP	GAC	AEROBIC	TBC	CNC BALANCE	
19:00 - 19:50	LS	PILATES		PILATES			
19:00 - 20:00	A4		TAEKWONDO		TAEKWONDO		
19:00 - 20:12	A3		IOGA		IOGA		
19:05 - 19:50	Pequeña		AIGUAGYM		AIGUAGYM		
19:30 - 20:00	A1	PUMP		TONIFICACIÓN			
19:30 - 20:15	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	
19:30 - 20:20	A1		TBC		CARDIO GAC		
19:55 - 20:40	Globo		AIGUAGYM		AIGUAGYM		

20:00 - 21:00	A4		TAEKWONDO		TAEKWONDO		
20:15 - 21:00	A3	DANZA VIENTRE		DANZA VIENTRE			
20:30 - 20:55	A1		ABD. XPRESS		ABD. XPRESS		
20:30 - 21:15	A2	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE	SPEEDBIKE		
20:30 - 21:30	A1	KICK BOXING		KICK BOXING			
21:30 - 22:30	A3	COUNTRY		COUNTRY			