



ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00	BODY PUMP	BODYTONIC	STEP-FUNCIONAL	GAP	BODYTONIC
8:00	BODYTONIC	BODY COMBAT	BODY PUMP	BODYTONIC	GAP
9:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA
10:00	GAP	STEP-FUNCIONAL	BODYTONIC	STEP-FUNCIONAL	BODY PUMP
11:00		ZUMBA		ZUMBA	
11:00	BODYTONIC	BODY BALANCE	BODY COMBAT	BODY BALANCE	GAP
12:00	BODY PUMP	BODYTONIC	STEP-FUNCIONAL	GAP	BODYTONIC
13:00	ESPALDA SANA	PILATES BÁSICO	STRECHING	PILATES BÁSICO	ESPALDA SANA
14:00		GAP		BODYTONIC	
15:00		STEP-FUNCIONAL		BODY COMBAT	
16:00	GAP	BODY PUMP	STEP-FUNCIONAL	GAP	BODYTONIC
17:00	BODY COMBAT	BODYTONIC	BODY PUMP	STEP-FUNCIONAL	GAP
18:00	ZUMBA		ZUMBA		
18:00	PILATES BÁSICO	BODY COMBAT	PILATES BÁSICO	BODY COMBAT	STEP-FUNCIONAL
19:00	PILATES BÁSICO		PILATES BÁSICO		
19:00	BODY PUMP	STEP-FUNCIONAL	BODYTONIC	BODY PUMP	BODY COMBAT
20:00		BODY BALANCE		BODY BALANCE	
20:00	BODYTONIC	ZUMBA	GAP	ZUMBA	BODY PUMP
21:00	ZUMBA		ZUMBA		ZUMBA