



## ACTIVIDADES DIRIGIDAS

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00	BODY COMBAT	GAP	BODY COMBAT	GAP	BODY COMBAT
8:00	BODY PUMP	BODYTONIC	BODY PUMP	BODYTONIC	BODY PUMP
9:00	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA
9:00					BODY BALANCE
10:00		PILATES SUELO		PILATES SUELO	
11:00	GAP	ZUMBA	GAP	ZUMBA	GAP
11:00	CORE 30'	BODY BALANCE	CORE 30'	BODY BALANCE	
12:00	BODYTONIC	GAP	STEP-FUNCIONAL	GAP	BODYTONIC
13:00	ESPALDA SANA	CORE 30'	ESPALDA SANA	CORE 30'	ESPALDA SANA
14:00		BODY COMBAT		BODY COMBAT	
15:00		STEP-FUNCIONAL		STEP-FUNCIONAL	
16:00	GAP	BODY PUMP	BODYTONIC	BODY PUMP	BODYTONIC
17:00	BODY COMBAT	BODYTONIC	BODY COMBAT	BODYTONIC	GAP
18:00	ZUMBA		ZUMBA		ZUMBA
18:00	PILATES SUELO	BODY COMBAT	PILATES SUELO	BODY COMBAT	PILATES SUELO
19:00	BODY PUMP	GAP	BODY PUMP	GAP	BODY COMBAT
20:00		BODY BALANCE		BODY BALANCE	
20:00	BODYTONIC	ZUMBA	GAP	ZUMBA	BODY PUMP
21:00					