

		l	m	x	j	v	s	d
07:00 - 07:15	XPRESS			ABDOMINALES		DUET SUSPENSIÓN TRAINING		
07:00 - 07:20	XPRESS		GAP 20'					
07:15 - 08:00	SALA 1			BODY PUMP				
08:15 - 08:30	XPRESS	ABDOMINALES	DUET SUSPENSIÓN TRAINING		ABDOMINALES			
08:30 - 09:30	SALA 1		BODY PUMP					
09:30 - 09:45	XPRESS			DUET SUSPENSIÓN TRAINING				DUET SUSPENSIÓN TRAINING
09:30 - 09:50	XPRESS	GAP 20'						
09:30 - 10:15	SALA 1				GAP			
09:30 - 10:30	SALA 1	BODY PUMP						
10:00 - 11:00	SALA 1					BODY PUMP		
10:15 - 10:30	XPRESS						ABDOMINALES	
10:15 - 11:15	SALA 1						BODY PUMP	
10:30 - 10:45	XPRESS					ABDOMINALES		
10:30 - 10:50	XPRESS			GAP 20'				
11:15 - 11:30	XPRESS						DUET SUSPENSIÓN TRAINING	ABDOMINALES
12:15 - 12:30	XPRESS	DUET SUSPENSIÓN TRAINING		ABDOMINALES				
12:15 - 12:35	XPRESS					GAP 20'	GAP 20'	
13:15 - 14:00	SALA 1				BODY PUMP			
14:00 - 14:15	XPRESS	ABDOMINALES			DUET SUSPENSIÓN TRAINING	ABDOMINALES		
14:15 - 15:00	SALA 1	GAP						
15:00 - 15:15	XPRESS		DUET SUSPENSIÓN TRAINING	ABDOMINALES				
15:00 - 15:20	XPRESS				GAP 20'			
15:00 - 15:45	SALA 1			BODY PUMP				
16:00 - 16:15	XPRESS		ABDOMINALES					
16:00 - 16:20	XPRESS					GAP 20'		
17:15 - 17:30	XPRESS						ABDOMINALES	
18:00 - 18:15	XPRESS		ABDOMINALES			DUET SUSPENSIÓN TRAINING		
18:15 - 19:00	SALA 1		BODY PUMP					
18:45 - 19:30	SALA 1				BODY PUMP			
19:00 - 19:15	XPRESS				DUET SUSPENSIÓN TRAINING			
19:00 - 19:20	XPRESS	GAP 20'						
19:30 - 20:15	SALA 1	BODY PUMP		GAP				
20:00 - 20:15	XPRESS	ABDOMINALES	DUET SUSPENSIÓN TRAINING			ABDOMINALES		
20:00 - 20:45	SALA 1					BODY PUMP		
21:00 - 21:15	XPRESS			ABDOMINALES				
21:00 - 21:20	XPRESS				GAP 20'			
21:00 - 21:45	SALA 1		GAP					
21:15 - 22:00	SALA 1			BODY PUMP				