

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	08:15 FITBIKE 09:00 ABDOMINAL		08:15 FITBIKE 09:00 ABDOMINAL	
09:15 FIT-BOX 10:00 ABDOMINALES	09:15 FITBIKE 10:00 PELOTAS 10:30 ABDOMINAL	09:15 INTERVAL 10:00 ABDOMINAL	09:15 FIT-BIKE 10:00 G.A.P. 10:30 ABDOMINAL	09:15 POWER DUMBELL 10:00 10:00 STEP 11:00
10:15 AQUA-GYM 11:00	11:00 YOGA 1 semana mañanas 1 semana tardes 12:00	10:15 PILATES 11:00	11:00 YOGA 1 semana mañanas 1 semana tardes 12:00	
14:00 FIT-BIKE 14:45	14:00 FIT-BIKE 14:45	14:00 FIT-BIKE 14:45	14:00 POWER DUMBELL 14:45	14:00 FIT-BIKE 14:45
	15:00 BOXE - THAI 16:30		15:00 BOXE - THAI 16:30	
17:30 BOXE - THAI 19:00	18:00 CAPOEIRA 19:00	17:30 BOXE - THAI 19:00	18:00 CAPOEIRA 19:00	18:00 CAPOEIRA 19:00
19:00 G.A.P. 19:45 ABDOMINAL	19:00 FIT-BOX 19:45 ABDOMINAL	19:00 INTERVAL 19:45 ABDOMINAL	19:00 FIT-BIKE 19:45 ABDOMINAL	19:00 POWER DUMBELL 19:45 ABDOMINAL
20:00 BODY-STEP 20:30 20:30 FITBIKE 21:15	20:00 FIT-BIKE 20:30 PILATES 20:45 21:30 YOGA 21:45	20:00 POWER DUMBELL 20:30 20:30 FIT-BIKE 21:15	20:00 PELOTAS 20:30 20:30 PILATES 20:45 21:30 YOGA 21:45	20:00 FIT-BIKE 20:45

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	08:15 FITBIKE 09:00 ABDOMINAL		08:15 FITBIKE 09:00 ABDOMINAL	
09:15 FIT-BOX 10:00 ABDOMINALES	09:15 FITBIKE 10:00 PELOTAS 10:30 ABDOMINAL	09:15 INTERVAL 10:00 ABDOMINAL	09:15 FIT-BIKE 10:00 G.A.P. 10:30 ABDOMINAL	09:15 POWER DUMBELL 10:00 10:00 STEP 11:00
10:15 AQUA-GYM 11:00	11:00 YOGA 1 semana mañanas 1 semana tardes 12:00	10:15 PILATES 11:00	11:00 YOGA 1 semana mañanas 1 semana tardes 12:00	
14:00 FIT-BIKE 14:45	14:00 FIT-BIKE 14:45	14:00 FIT-BIKE 14:45	14:00 POWER DUMBELL 14:45	14:00 FIT-BIKE 14:45
	15:00 BOXE - THAI 16:30		15:00 BOXE - THAI 16:30	
17:30 BOXE - THAI 19:00	18:00 CAPOEIRA 19:00	17:30 BOXE - THAI 19:00	18:00 CAPOEIRA 19:00	18:00 CAPOEIRA 19:00
19:00 G.A.P. 19:45 ABDOMINAL	19:00 FIT-BOX 19:45 ABDOMINAL	19:00 INTERVAL 19:45 ABDOMINAL	19:00 FIT-BIKE 19:45 ABDOMINAL	19:00 POWER DUMBELL 19:45 ABDOMINAL
20:00 BODY-STEP 20:30 20:30 FITBIKE 21:15	20:00 FIT-BIKE 20:30 PILATES 20:45 21:30 YOGA 21:45	20:00 POWER DUMBELL 20:30 20:30 FIT-BIKE 21:15	20:00 PELOTAS 20:30 20:30 PILATES 20:45 21:30 YOGA 21:45	20:00 FIT-BIKE 20:45

Nerina
Sónia

Diego
Joe

Julio
Zulu
Luis