

		l	m	x	j	v	s	d
07:00 - 07:45	Sala 1		BODY PUMP					
08:00 - 08:45	Sala 1	TONIFICACIÓN			BODY PUMP			
09:00 - 09:45	Sala 1			TONIFICACIÓN				
09:30 - 10:15	Sala 1					BODY PUMP		
10:00 - 10:45	Sala 1	GAP					BODY PUMP (R)	
13:30 - 14:15	Sala 1		GAP					
13:45 - 14:30	Sala 1				BODY PUMP (R)			
14:45 - 15:00	XPRESS					ABDOMINALES		
14:45 - 15:30	Sala 1	BODY PUMP						
15:00 - 15:15	XPRESS				ABDOMINALES			
17:45 - 18:30	Sala 1			BODY PUMP (R)				
18:00 - 18:15	XPRESS	ABDOMINALES		ABDOMINALES				
18:00 - 18:45	Sala 1		BODY PUMP (R)					
18:15 - 19:00	Sala 1					BODY PUMP (R)		
18:15 - 19:00	Sala 2	GAP (R)						
18:30 - 19:15	Sala 2				GAP			
18:30 - 19:15	Sala 1				BODY PUMP (R)			
18:45 - 19:30	Sala 2			GAP				
19:00 - 19:45	Sala 2		GAP					
19:15 - 20:00	Sala 1	CTC						
20:00 - 20:15	XPRESS		ABDOMINALES					
20:15 - 21:00	Sala 1	BODY PUMP (R)	BODY PUMP (R)					