



LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SABADO			
10:00	CICLO INDOOR	SALA 1	LAURA	8:30	CICLO INDOOR	SALA 1	LAURA	10:00	CICLO INDOOR	SALA 1	JOAO	8:30	CICLO INDOOR	SALA 1	LAURA	9:30	GAP/STEP	SALA 2	LAURA	10:30	BODYPUMP	SALA 2	LAURA
10:00	BODYPUMP	SALA 2	CLARA	10:00	GAP/STEP	SALA 2	CLARA	10:00	BODYPUMP	SALA 2	LAURA	9:30	ESPALDA SANA	SALA 2	CLARA	10:30	CICLO INDOOR	SALA 1	JOAO	11:30	ZUMBA / Kids	SALA 2	LAURA
12:15	YOGA	SALA 2	IRENE	11:00	PILATES	SALA 2	DAVID	11:00	BODYBALANCE	SALA 2	CLARA	10:30	BODYBALANCE	SALA 2	DAVID	11:15	PILATES	SALA 2	DAVID	12:30	CICLO INDOOR	SALA 1	LAURA
14:30	BODYPUMP	SALA 2	LAURA	14:30	BODYCOMBAT	SALA 2	CLARA	12:15	YOGA	SALA 2	IRENE	14:30	BODYPUMP	SALA 2	CLARA	14:30	GAP/STEP	SALA 2	CLARA				
14:30	CICLO INDOOR	SALA 1	JOAO	14:30	CICLO INDOOR	SALA1	LAURA	14:30	GAP/STEP	SALA2	LAURA	14:30	CICLO INDOOR	SALA 1	LAURA	17:30	GAP/STEP	SALA2	LAURA				
17:30	BODYCOMBAT	SALA 2	ISIDORO	17:30	ZUMBA / Kids	SALA 2	LAURA	14:30	CICLO INDOOR	SALA 1	JOAO	17:30	ZUMBA / Kids	SALA 2	LAURA	18:30	CICLO INDOOR	SALA 1	JOAO				
18:30	BODYPUMP	SALA 2	LAURA	18:30	BODYPUMP	SALA 2	JOAO	17:15	GAP/STEP	SALA 2	CLARA	18:30	BODYBALANCE	SALA 2	JOAO	18:30	BODYPUMP	SALA 2	LAURA				
18:30	CICLO INDOOR	SALA 1	ISIDORO	19:30	BODYCOMBAT	SALA 1	JOAO	18:15	BODYPUMP	SALA 2	LAURA	19:30	ZUMBA	SALA 2	CLARA	19:30	BODYBALANCE	SALA 2	JOAO				
19:30	GAP/STEP	SALA 2	LAURA	20:30	CICLO INDOOR	SALA 1	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO								
20:00	CICLO INDOOR	SALA 1	JOAO	21:00	YOGA	SALA 2	IRENE	19:15	PILATES	SALA 2	DAVID	20:30	PILATES express	SALA 2	CLARA								
								20:00	CICLO INDOOR	SALA 1	JOAO	21:00	YOGA	SALA 2	IRENE								
								20:30	BODYPUMP	SALA 2	LAURA												

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HORARIO CLASES COLECTIVAS