LUNES.			
8:00	YOGA DINAMIC	SALA 2	Patricia
9:30	BODYPUMP	SALA 1	JOAO
10:30	PILATES	SALA 2	JOAO
10:30	CICLO INDOOR	SALA 2	LAURA
11:30	BODY BALANCE	SALA 2	DAVID
17:30	LM CORE	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	GAP/STEP	SALA 2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	PILATES	SALA 2	JOAO

MARTES.			
8:30	CICLO INDOOR	SALA 1	LAURA
9:30	gap	SALA 2	JOAO
10:30	PILATES	SALA 2	DAVID
11:30	YOGA	SALA 2	Patricia
14:30	BODYPUMP	SALA 2	LAURA
17:30	ZUMBA / Kids	SALA 2	LAURA
18:30	LM CORE	SALA 2	JOAO
19:30	CICLO INDOOR	SALA 1	JOAO
19:30	BODYPUMP	SALA 2	LAURA
20:30	BODY BALANCE	SALA 2	DAVID

MIÉRCOLES.			
8:00	YOGA DINAMIC	SALA 2	Patricia
9:30	BODYPUMP	SALA 1	LAURA
10:30	CICLO INDOOR	SALA 2	JOAO
11:30	PILATES	SALA 2	DAVID
14:30	GAP/STEP	SALA 2	LAURA
17:30	ABDOMINAL POWER	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
19:30	PILATES	SALA 2	JOAO
20:30	BODYPUMP	SALA 2	LAURA
20:30	MMA - MIXED MARTIAL ARTS	TATAMI	JOAO

JUEVES.			
8:30	CICLO INDOOR	SALA 1	LAURA
9:30	PILATES	SALA 2	JOAO
10:30	BODY BALANCE	SALA 2	DAVID
11:30	BODYPUMP	SALA 2	LAURA
14:30	CARDIO JUMP	SALA 2	JOAO
17:30	BODY BALANCE	SALA 2	LAURA
18:30	LM CORE	SALA 2	JOAO
19:30	W.out zumba	SALA 2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	YOGA SUAVE	SALA 2	Patricia

VIERNES.			
9.30	gap	SALA 1	LAURA
10:30	CICLO INDOOR	SALA 2	JOAO
11:30	PILATES	SALA 2	DAVID
14:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO
17:30	GAP/STEP	SALA2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	BODY BALANCE	SALA 2	JOAO
20:30	Bailes Latinos	Polideportivo. Sala 2	Enrique

SABADO.			
9:30	BODYPUMP	SALA 2	LAURA
10:30	BODYPUMP	SALA 2	LAURA
11:30	ZUMBA / Kids	SALA 2	LAURA

UCJC SPORTS CLUB