

LUNES.				MARTES.				MIÉRCOLES.				JUEVES.				VIERNES.				SABADO.			
8:00	HATHA YOGA	SALA 2	OLGA	8:30	CICLO INDOOR	SALA 1	LAURA	8:00	HATHA YOGA	SALA 2	OLGA	8:30	CICLO INDOOR	SALA 1	LAURA	9.30	gap	SALA 1	LAURA	9:30	BODYPUMP	SALA 2	LAURA
9:30	BODYPUMP	SALA 1	JOAO	9:30	gap	SALA 2	JOAO	9:30	BODYPUMP	SALA 1	LAURA	9:30	PILATES	SALA 2	JOAO	10:30	CICLO INDOOR	SALA 2	JOAO	10:30	BODYPUMP	SALA 2	LAURA
10:30	PILATES	SALA 2	JOAO	10:30	HATHA YOGA	SALA 2	OLGA	10:30	CICLO INDOOR	SALA 2	JOAO	10:30	BODY BALANCE	SALA 2	DAVID	11:30	PILATES	SALA 2	DAVID	11:30	BODY BALANCE	SALA 2	LAURA
10:30	CICLO INDOOR	SALA 2	LAURA	11:45	PILATES	SALA 2	DAVID	11:30	PILATES	SALA 2	DAVID	11:30	BODYPUMP	SALA 2	LAURA	12:30	YOGA INTEGRAL	SALA 2	OLGA				
11:30	gap	SALA 2	DAVID	14:30	BODYPUMP	SALA 2	LAURA	14:30	GAP/STEP	SALA 2	LAURA	14:30	PILATES	SALA 2	JOAO	14:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO				
17:30	LM CORE	SALA 2	JOAO	17:30	ZUMBA / Kids	SALA 2	LAURA	17:30	ABDOMINAL POWER	SALA 2	JOAO	17:30	BODY BALANCE	SALA 2	LAURA	17:30	GAP/STEP	SALA2	LAURA				
18:30	BODYPUMP	SALA 2	LAURA	18:30	HIIT EXPRESS	GYM	TXEMA	18:30	CORE EXPRESS	GYM	TXEMA	18:30	LM CORE	SALA 2	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO				
19:00	functional express	GYM	TXEMA	18:30	LM CORE	SALA 2	JOAO	18:30	BODYPUMP	SALA 2	LAURA	18:30	Mobility express	GYM	TXEMA	18:30	BODYPUMP	SALA 2	LAURA				
19:30	GAP/STEP	SALA 2	LAURA	19:30	CICLO INDOOR	SALA 1	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO	19:30	W.O.U.T zumba	SALA 2	LAURA	19:30	BODY BALANCE	SALA 2	JOAO				
19:30	CICLO INDOOR	SALA 1	JOAO	19:30	BODYPUMP	SALA 2	LAURA	19:30	PILATES	SALA 2	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO	20:30	Bailes Latinos	Polideportivo. Sala 2	Enrique				
20:30	PILATES	SALA 2	JOAO	20:30	BODY BALANCE	SALA 2	LAURA	20:30	BODYPUMP	SALA 2	LAURA	20:30	HATHA YOGA	SALA 2	OLGA								
								20:30	MMA - MIXED MARTIAL ARTS	GYM	JOAO												