Julio y agosto 2026

LUNES 27/07/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP HEAVY	Jackie
10:30	PILATES	Jackie
18:30	BODY BALANCE	Laura
19:30	GAMSTEP	Laura

MARTES 28/07/2026		
8:30	CICLO INDOOR	Jackie
9:30	BODYPUMP	Laura
10:30	HATHA YOGA	Olga
11:45	PILATES	Jackie
18:30	LM CORE	Laura
19:30	BODYPUMP	Laura

MIERCOLES 29/07/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP	Laura
10:30	PILATES	Jackie
18:30	CICLO INDOOR	Jackie
19:30	PILATES	Jackie

JUEVES 30/07/2026		
9:30	PILATES	Jackie
10:30	BODYPUMP	Laura
11:30	BODY BALANCE	Jackie
18:30	GAMSTEP	Laura
19:30	BODYPUMP HEAVY	Jackie

VIERNES 31/07/2026		
9.30	GAMSTEP	Laura
10:30	LM CORE	Laura
11:30	PILATES	Jackie
18:30	CICLO INDOOR	Jackie
18:30	BODYPUMP	Laura
19:30	BODY BALANCE	Jackie

SABADO 01/08/2026		
10:30	BODYPUMP	Jackie
11:30	BODY BALANCE	Jackie

LUNES 3/8/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP HEAVY	Jackie
10:30	PILATES	Jackie
18:30	BODY BALANCE	Jackie
19:30	GAMSTEP	Jackie

MARTES 4/8/2026		
8:30	CICLO INDOOR	Jackie
9:30	BODYPUMP	Jackie
10:30	HATHA YOGA	Olga
11:45	PILATES	Jackie
18:30	LM CORE	Jackie
19:30	BODYPUMP	Jackie

MIERCOLES 5/08/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP HEAVY	Jackie
10:30	PILATES	Jackie
18:30	CICLO INDOOR	Jackie
19:30	PILATES	Jackie

JUEVES 6/8/2026		
9:30	PILATES	Jackie
10:30	BODYPUMP	Jackie
11:30	LM CORE	Jackie
18:30	BODY BALANCE	Jackie
19:30	BODYPUMP HEAVY	Jackie

VIERNES 7/08/2026		
9.30	GAMSTEP	Jackie
10:30	LM CORE	Jackie
11:30	PILATES	Jackie
18:30	CICLO INDOOR	Jackie
19:30	BODYPUMP	Jackie

SABADO 8/8/2026		
10:30	BODYPUMP	Jackie
11:30	BODY BALANCE	Jackie

LUNES 10/8/2026		
9:30	BODYPUMP	Laura
10:30	LM CORE	Laura
18:30	BODY BALANCE	Laura
19:30	GAMSTEP	Laura

MARTES 11/08/2026		
8:30	CICLO INDOOR	Laura
9:30	GAMSTEP	Laura
18:30	LM CORE	Laura
19:30	BODYPUMP	Laura

MIERCOLES 12/08/2026		
9:30	BODYPUMP	Laura
10:30	GAMSTEP	Laura
18:30	BODY BALANCE	Laura
19:30	BODYPUMP	Laura

JUEVES 13/08/2026		
9:30	BODYPUMP	Laura
10:30	BODY BALANCE	Laura
11:30	LM CORE	Laura
18:30	BODY BALANCE	Laura
19:30	BODYPUMP	Laura

VIERNES 14/08/2026		
9.30	GAMSTEP	Laura
10:30	LM CORE	Laura
18:30	CICLO INDOOR	Laura
19:30	BODYPUMP	Laura

SABADO 15/08/2026		

LUNES 17/08/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP	Laura
10:30	LM CORE	Laura
18:30	BODY BALANCE	Laura
19:30	GAMSTEP	Laura

MARTES 18/08/2026		
8:30	CICLO INDOOR	Laura
9:30	BODYPUMP	Laura
10:30	HATHA YOGA	Olga
18:30	LM CORE	Laura
19:30	BODYPUMP	Laura

MIERCOLES 19/08/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP	Laura
10:30	GAMSTEP	Laura
18:30	BODY BALANCE	Laura
19:30	BODYPUMP	Laura

JUEVES 20/08/2026		
9:30	BODYPUMP	Laura
10:30	BODY BALANCE	Laura
11:30	LM CORE	Laura
18:30	BODY BALANCE	Laura
19:30	BODYPUMP	Laura

VIERNES 21/08/2026		
9.30	GAMSTEP	Laura
10:30	LM CORE	Laura
18:30	CICLO INDOOR	Laura
19:30	BODYPUMP	Laura

SABADO 22/08/2026		
10:30	BODYPUMP	Laura
11:30	BODY BALANCE	Laura

LUNES 24/08/2026		
8:00	HATHA YOGA	Olga
9:30	Cross Training	Jackie
10:30	PILATES	Jackie
18:30	BODY BALANCE	Laura
19:30	GAMSTEP	Laura

MARTES 25/08/2026		
8:30	CICLO INDOOR	Jackie
9:30	BODYPUMP	Laura
10:30	HATHA YOGA	Olga
11:45	PILATES	Jackie
18:30	LM CORE	Laura
19:30	BODYPUMP	Laura

MIERCOLES 26/08/2026		
8:00	HATHA YOGA	Olga
9:30	BODYPUMP	Laura
10:30	PILATES	Jackie
18:30	BODYPUMP HEAVY	Jackie
19:30	CICLO INDOOR	Jackie

JUEVES 27/08/2026		
9:30	PILATES	Jackie
10:30	BODYPUMP	Laura
10:30	LM CORE	Jackie
18:30	BODY BALANCE	Jackie
19:30	BODYPUMP HEAVY	Jackie

VIERNES 28/08/2026		
9.30	GAMSTEP	Laura
10:30	LM CORE	Laura
11:30	PILATES	Jackie
18:30	CICLO INDOOR	Jackie
18:30	BODYPUMP	Laura
19:30	BODY BALANCE	Jackie

SABADO 29/08/2026		
10:30	BODYPUMP	Laura
11:30	BODY BALANCE	Laura

LUNES 31/08/2026		
8:00	HATHA YOGA	Olga
9:30	Cross Training	Jackie
10:30	PILATES	Jackie
18:30	BODY BALANCE	Laura
19:30	GAMSTEP	Laura