

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
07:15	S3 45' CICLO INDOOR Isabel	S3 VIRTUAL CICLO INDOOR BestCyclingTV	S3 45' CICLO INDOOR Isabel	S3 VIRTUAL CICLO INDOOR BestCyclingTV	S3 45' CICLO INDOOR Raquel		
07:15	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING		
07:15		Ps TRIATLON	Ps NADADOR CLUB Carlos P.	Ps TRIATLON	Ps NADADOR CLUB Carlos P.		
08:00	S1 GUN-EX Emilio	S8 TRX Pablo	S1 FUNCTIONAL TRAINING 45 MIN Emilio	S8 TRX Pablo			
08:10					S1 FUNCTIONAL TRAINING 45 MIN Raquel		
09:00	S2 GIMNASIA ACTIVA Sonia	S1 GIMNASIA ACTIVA Sonia	S5 ESCUELA ESPALDA Sonia	S2 GIMNASIA ACTIVA Sonia	S2 GIMNASIA ACTIVA Sonia		
09:00		S5 PILATES MATWORK Elena		S5 PILATES MATWORK Elena			
09:30	S1 DANCE IT						
09:30	S6 REFORMER PILATES (BONOS) Silvia		S2 PUMP BODY Oscar	S1 STEP Silvia			
09:30	S3 CICLO INDOOR Isabel	S2 TOTAL TRAINING Silvia	S1 DANCE IT Silvia	S7 25' ABD-STRETCH Emilio	S1 LATINO		
09:30	Ps RUNNING AGUA Carlos P.		Ps RUNNING AGUA Alejandro		Ps CIRCUIT AGUA Carlos P.		
10:00	S2 PUMP BODY Pablo	S6 REFORMER PILATES Teresa		S6 REFORMER PILATES Teresa	S6 REFORMER PILATES (BONOS) Silvia		
10:00	S4 YOGA HATHA Geselle	SA AIKIDO Alberto	S4 YOGA HATHA Geselle	S2 TOTAL TRAINING Emilio	S4 YOGA HATHA Geselle		
10:00	S8 TRX (30 MIN) Emilio				S2 30' GAP Alberto Ordejón		
10:30	S1 25' ABD Emilio		S6 REFORMER PILATES (BONOS) Silvia		S2 PUMP BODY Alberto Ordejón		S3 CICLO INDOOR David T.
10:30		S3 CICLO INDOOR Isabel	S3 CICLO INDOOR Isabel	S3 CICLO INDOOR Pablo	S3 CICLO INDOOR Lina	S3 CICLO INDOOR	
10:30	S7 SEVILLANAS	S2 COMBAT BODY Silvia	S1 40' GUN-EX Emilio		S7 ZUMBA		
10:30	S5 COLUMNNA Alberto	S1 BALANCE BODY Pablo	S5 COLUMNNA Alberto	S7 BALANCE BODY Silvia	S5 PILATES MATWORK Elena	S5 PILATES MATWORK	
10:40					S1 BALANCE BODY Pablo		
11:00					S4 ESTIRAMIENTOS STRETCH		
11:00					BOX FS CROSS TRAINING		
11:00	S1 ZUMBA	S5 PILATES MATWORK Elena	S2 ZUMBA	S5 PILATES MATWORK Elena			
11:15			S4 MEDITACION (HIS MIND) Geselle				
11:30					SA KARATE KIDS		
11:30					S2 25' ABD Alberto	S3 CICLO INDOOR	S3 CICLO INDOOR David T.
11:30						S5 PILATES MATWORK	
11:30						S2 PUMP BODY	
12:00		S6 REFORMER PILATES (BONOS) Silvia			S6 REFORMER PILATES Silvia	S1 ZUMBA Lina	
12:00		S3 VIRTUAL CICLO INDOOR BestCyclingTV		S3 VIRTUAL CICLO INDOOR BestCyclingTV		BOX FS CROSS TRAINING	
12:40					S2 ABD-STRETCH	S2 ABD-STRETCH David T.	
13:00			S5 HIPOPRESIVOS ABDOMINALES Fani				
14:00	S1 25' ABD Ismael	Ps RUNNING AGUA Alberto	S1 25' ABD Ismael		Ps RUNNING AGUA Manuel		
14:15	Ps TRIATLON	Ps NADADOR CLUB Manuel	Ps TRIATLON	Out TRIATLON			
14:30	S3 CICLO INDOOR Lina	S3 CICLO INDOOR Fernando	S3 CICLO INDOOR Lina	S3 CICLO INDOOR Oscar			
14:30	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING Alberto	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING Alberto		
14:30	S1 GUN-EX (40 MIN) Pablo		S4 YOGA HATHA Fani	S1 CIRCUIT TRAINING Ismael			
14:30		S1 CIRCUIT TRAINING Mario	S5 PILATES MATWORK Silvia	S2 PUMP BODY Pablo			
14:30	Out CLUB CORREDOR Teresa	S2 ZUMBA	Out CLUB CORREDOR Teresa		S5 BALANCE BODY Silvia		
14:30	S2 COMBAT BODY Alberto	S6 REFORMER PILATES (BONOS) Silvia	S2 COMBAT BODY Fernando	S6 REFORMER PILATES (BONOS) Silvia			
15:30					Ps NADADOR CLUB Manuel		
15:30					S3 CICLO INDOOR Oscar		
15:30					Ps TRIATLON Andreu		

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-  cuerpomente

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
16:30	SA PRE-KARATE 60 MIN Infantil		SA PRE-KARATE 60 MIN Infantil				
17:30	S7 PRE-DANZA INFANTIL		S7 PRE-DANZA INFANTIL				
17:30	SA KARATE 60 MIN Infantil		SA KARATE 60 MIN Infantil		SA KARATE 60 MIN Infantil		
18:00	S2 PUMP BODY David I.	S1 STEP (45 MIN) Angel	S2 PUMP BODY Oscar	S2 STEP (45 MIN) Angel	S1 SALSATION Lina		
18:00	S3 VIRTUAL CICLO INDOOR BestCyclingtv	S6 REFORMER PILATES (BONOS) Silvia	S3 VIRTUAL CICLO INDOOR BestCyclingtv	S6 REFORMER PILATES (BONOS) Silvia	S3 VIRTUAL CICLO INDOOR BestCyclingtv		
18:00			BOX FS CROSS TRAINING Alberto		S7 SEVILLANAS		
18:00					S2 PUMP BODY Fernando		
18:30	S1 30' GAP Oscar	S5 HIPOPRESIVOS ABDOMINALES (30 MIN) Fani	S1 30' GAP Ismael		S8 TRX Ismael		
18:30	S7 DANZA INFANTIL CLASICO		S7 DANZA INFANTIL ESPAÑOL				
18:30	SA KARATE 60 MIN Juvenil		SA KARATE 60 MIN Juvenil		SA KARATE 60 MIN Juvenil		
18:30	S5 HIPOPRESIVOS ABDOMINALES Fani	BOX FS CROSS TRAINING					
19:00		S6 REFORMER PILATES (BONOS) Silvia	S8 TRX Fernando	S6 REFORMER PILATES (BONOS) Silvia		S3 VIRTUAL CICLO INDOOR BestCyclingtv	
19:00	S5 PILATES MATWORK Fani	S3 CICLO INDOOR Angel	S5 BALANCE BODY Ismael	S3 CICLO INDOOR			
19:00	S2 25' ABD Oscar	S1 COMBAT BODY Oscar	S2 25' ABD Ismael	S1 EXTREME TRAINING (30 MIN) Yolanda	S2 30' GAP Ismael		
19:00	S1 DANCE IT Angel	S2 GUN-EX (40 MIN) Ismael	S1 ZUMBA Lina	S2 DANCE IT Angel	S1 ZUMBA Lina		
19:00		S4 HATAH YOGA Jorge		S4 HATAH YOGA Jorge			
19:00		SA DEFENSA PERSONAL		SA MUAYTHAI Ismael	S7 SEVILLANAS		
19:00		S5 PILATES MATWORK Fani	BOX FS CROSS TRAINING Alberto	S5 PILATES MATWORK Elena	BOX FS CROSS TRAINING		
19:00				BOX FS CROSS TRAINING	S3 CICLO INDOOR Oscar		
19:00	Ps AQUAFIT Carlos A.	Ps AQUAFIT Aurora	Ps RUNNING Maria R.	Ps AQUAFIT Mario	Ps RUNNING AQUA Alberto		
19:15	BOX FS CROSS TRAINING Alberto						
19:30	SA KARATE 90 MIN Adulto	Out TRIATLON Andreu	SA KARATE 90 MIN Adulto		SA KARATE 90 MIN Adulto		
19:30	S3 CICLO INDOOR David A.	BOX FS CROSS TRAINING	S3 CICLO INDOOR David A.				
19:30	S2 PUMP BODY (1 H. 10 MIN) Yolanda		S2 PUMP BODY (1 H. 10 MIN) David I.	S8 TRX Yolanda	S2 25' ABD Ismael		
19:30	S7 FS BALLET		S7 SEVILLANAS Cristina				
19:40		S2 25' ABD Ismael					
19:45	Ps TRIATLON Andreu		Ps TRIATLON Andreu				
20:00		S3 CICLO INDOOR		S3 CICLO INDOOR			
20:00	S5 BALANCE BODY Fernando	S5 PILATES MATWORK Fani	S5 PILATES MATWORK Elena	S2 PUMP BODY (DURACION: 1H) Yolanda	S5 PILATES MATWORK Elena		
20:00	S1 ZUMBA Lina		S1 FUNCTIONAL TRAINING Yolanda	S1 COMBAT BODY Oscar	S2 GUN-EX (40 MIN) Ismael		
20:00	S6 REFORMER PILATES (BONOS) Fani	S6 REFORMER PILATES Silvia	S6 REFORMER PILATES (BONOS) Fani	S6 REFORMER PILATES Silvia	S7 FLAMENCO		
20:00		SA AIKIDO Alberto	BOX FS CROSS TRAINING Alberto	BOX FS CROSS TRAINING	BOX FS CROSS TRAINING		
20:00		S4 POWER YOGA (1H Y 15') Jorge		S4 POWER YOGA (1H Y 15') Jorge			
20:10		S2 PUMP BODY (DURACION: 1H) David Ilesio					
20:15	BOX FS CROSS TRAINING Alberto						
20:30	S8 TRX Oscar						
20:30	S2 EXTREME TRAINING (30 MIN) Angel						
20:30	S3 CICLO INDOOR David A.	BOX FS CROSS TRAINING	S3 CICLO INDOOR David A.				
21:00	S5 PILATES MATWORK Fani		S5 PILATES MATWORK Fani				
21:00	SA BOXEO Angel			BOX FS CROSS TRAINING			
21:15		S3 VIRTUAL CICLO INDOOR BestCyclingtv		S3 VIRTUAL CICLO INDOOR BestCyclingtv			
21:15				S4 MEDITACION (1H 15 MIN) Jorge			

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