

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO			DOMINGO			
H	ACTIVIDAD	S	H	ACTIVIDAD	S	H	ACTIVIDAD	S	H	ACTIVIDAD	S	H	ACTIVIDAD	S	H	ACTIVIDAD	S	H	ACTIVIDAD	S	
7:15	B.BALANCE	60'	7:10	BODY PUMP	45'	7:15	B.BALANCE	60'	7:10	B.BALANCE	60'	7:10	BODY PUMP	60'							
8:15	BODY PUMP	60'	7:55	COMBAT	45'				8:10	COMBAT	60'	8:10	B.BALANCE	60'							
9:15	COMBAT	60'	8:45	BODY PUMP	45'	8:15	B.PUMP	60'	9:15	BODY PUMP	60'	9:30	COMBAT	60'							
10:30	BODY PUMP	45'	9:30	B.BALANCE	60'	9:30	COMBAT	60'	10:30	B.BALANCE	60'	10:30	BODY PUMP	60'	9:10	COMBAT	60'				
11:15	B.BALANCE	60'	10:30	BODY PUMP	60'	10:30	B.PUMP	60'				11:30	BODY PUMP	60'							
12:30	BODY PUMP	45'	11:30	COMBAT	60'	11:30	B.BALANCE	60'	11:30	COMBAT	60'	11:30	B.BALANCE	60'	10:10	B.BALANCE	60'				
13:30	B.BALANCE	60'				12:30	COMBAT	45'	13:30	BODY PUMP	60'	12:30	BODY PUMP	45'	11:15	B.BALANCE	60'				
14:30	BODY PUMP	60'	12:30	BODY PUMP	60'	13:15	BODY PUMP	60'	14:30	COMBAT	60'	13:30	COMBAT	60'							
15:30	B.BALANCE	60'	13:30	BODY PUMP	45'	14:15	B.BALANCE	60'	13:30	BODY PUMP	60'	14:30	BODY PUMP	60'							
			14:15	COMBAT	60'				14:30	COMBAT	60'	15:30	COMBAT	30'	12:30	B.PUMP	60'				
			15:30	BODY PUMP	60'	15:30	BODY PUMP	45'	15:30	B.BALANCE	60'	16:00	B.BALANCE	60'							
16:30	COMBAT	30'	16:35	BODY PUMP	60'	16:30	COMBAT	30'	16:30	BODY PUMP	45'	17:15	BODY PUMP	45'	13:30	B.BALANCE	60'				
17:00	BODY PUMP	45'	17:35	B.BALANCE	30'	17:00	B.BALANCE	60'	17:30	COMBAT	60'	18:15	COMBAT	60'	14:40	BODY PUMP	60'				
18:00	COMBAT	45'	18:15	COMBAT	30'	18:00	COMBAT	60'	19:00	BODY PUMP	60'	19:15	BODY PUMP	60'	16:00	COMBAT	60'				
						19:00	BODY PUMP	60'	19:00	BODY PUMP	60'	20:30	B.BALANCE	60'	17:15	BODY PUMP	60'				
20:00	BODY PUMP	60'				20:00	B.BALANCE	60'				21:30	BODY PUMP	45'	18:30	B.BALANCE	60'				
21:00	B.BALANCE	60'	21:00	B.BALANCE	60'	21:15	BODY PUMP	60'	21:00	B.BALANCE	60'			19:30	B.BALANCE	60'					

Clasificación Actividades:

CARDIOVASCULAR

FUERZA / TONO

CUERPO -MENTE

Horario de lunes a viernes:
de 7:00 a 22:30h.

Horario sábado:
de 9:00h a 20:30.

Domingos y festivos 9:00 a
14:30h.