

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO			DOMINGO							
H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D	H	ACTIVIDAD	S	D		
7:15	B.BALANCE	60'		7:10	BODY PUMP	45'		7:15	B.BALANCE	60'		7:10	B.BALANCE	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'		8:30	COMBAT	60'		9:15	BODY PUMP	60'		9:10	COMBAT	60'							
10:30	BODY PUMP	45'		9:30	B.BALANCE	60'		9:30	B.PUMP	60'		10:30	B.BALANCE	60'											
				10:30	BODY PUMP	60'		10:30	COMBAT	30'															
11:15	B.BALANCE	60'						11:05	B.BALANCE	60'		11:30	COMBAT	60'		10:15	BODY PUMP	60'							
12:30	BODY PUMP	45'		11:30	COMBAT	60'		12:15	B.BALANCE	45'		12:30	B.BALANCE	60'		11:30	B.BALANCE	60'		10:10	B.BALANCE	60'			
																12:30	BODY PUMP	45'		11:15	B.BALANCE	60'			
13:30	B.BALANCE	60'		12:30	BODY PUMP	60'		13:15	BODY PUMP	60'		13:30	BODY PUMP	60'		13:30	COMBAT	60'							
14:30	BODY PUMP	60'						14:15	B.BALANCE	60'						14:30	BODY PUMP	60'							
				13:30	BODY PUMP	45'						13:30	BODY PUMP	60'		15:30	COMBAT	30'							
15:30	B.BALANCE	60'		14:15	COMBAT	60'		15:30	BODY PUMP	45'		14:30	COMBAT	60'		16:00	B.BALANCE	60'		12:30	B.PUMP	60'			
16:30	COMBAT	30'		15:30	BODY PUMP	60'		16:30	COMBAT	30'		15:30	B.BALANCE	60'		17:15	BODY PUMP	45'		13:30	B.BALANCE	60'			
				16:35	BODY PUMP	60'		17:00	B.BALANCE	60'		16:30	BODY PUMP	45'							14:40	BODY PUMP	60'		
17:00	BODY PUMP	45'		17:35	B.BALANCE	30'		17:00	B.BALANCE	60'		17:30	COMBAT	60'		18:15	COMBAT	60'							
				18:15	COMBAT	30'		18:00	COMBAT	60'															
18:00	COMBAT	45'						19:00	BODY PUMP	60'		19:00	BODY PUMP	60'		19:15	BODY PUMP	60'		16:00	COMBAT	60'			
20:00	BODY PUMP	60'						20:00	B.BALANCE	60'						20:30	B.BALANCE	60'		17:15	BODY PUMP	60'			
21:00	B.BALANCE	60'		21:00	B.BALANCE	60'		21:15	BODY PUMP	60'		21:00	B.BALANCE	60'		21:30	BODY PUMP	45'		18:30	B.BALANCE	60'			
																				19:30	B.BALANCE	60'			

9:15	B.BALANCE	60'
10:30	BODY PUMP	60'
11:45	B.BALANCE	60'
12:45	BODY PUMP	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.