

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'	8:15	COMBAT	60'	8:10	COMBAT	60'	8:10	B.BALANCE	60'						
9:15	COMBAT	60'	8:45	BODY PUMP	45'	9:15	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'									
11:15	B.BALANCE	60'	10:30	BODY PUMP	60'	10:30	COMBAT	30'												
12:30	BODY PUMP	45'	11:30	COMBAT	60'	11:05	B.BALANCE	60'	11:30	COMBAT	60'	10:15	BODY PUMP	60'						
13:30	B.BALANCE	60'				12:15	B.BALANCE	45'	12:30	B.BALANCE	60'	11:30	B.BALANCE	60'	10:10	B.BALANCE	60'			
14:30	BODY PUMP	60'	12:30	BODY PUMP	60'	13:15	BODY PUMP	60'				12:30	BODY PUMP	45'	11:15	B.BALANCE	60'			
						14:15	B.BALANCE	60'	13:30	BODY PUMP	60'	13:30	COMBAT	60'						
15:30	B.BALANCE	60'	13:30	BODY PUMP	45'	15:30	BODY PUMP	45'	14:30	COMBAT	60'									
			14:15	COMBAT	60'				15:30	B.BALANCE	60'	15:30	COMBAT	30'	12:30	B.PUMP	60'			
16:30	COMBAT	30'	15:30	BODY PUMP	60'	16:30	COMBAT	30'				16:00	B.BALANCE	60'						
17:00	BODY PUMP	45'	16:35	BODY PUMP	60'	17:00	B.BALANCE	60'	16:30	BODY PUMP	45'	17:15	BODY PUMP	45'	13:30	B.BALANCE	60'			
18:00	COMBAT	45'	17:35	B.BALANCE	30'	18:00	COMBAT	60'	17:30	COMBAT	60'	18:15	COMBAT	60'	14:40	BODY PUMP	60'			
19:30	B.BALANCE FLEX	30'	18:15	COMBAT	30'	19:00	BODY PUMP	60'	19:00	BODY PUMP	60'				16:00	COMBAT	60'			
20:00	BODY PUMP	60'				20:00	B.BALANCE	60'				19:15	BODY PUMP	60'	17:15	BODY PUMP	60'			
21:00	B.BALANCE	60'	21:00	B.BALANCE	60'	21:15	BODY PUMP	60'	20:00	BODY PUMP	45'	20:30	B.BALANCE	60'						
									20:50	B.BALANCE	60'				18:30	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.