

SALA

DIRIGIDA

	LUN	MAR	MIÉR	JUE	VIER	SÁB	DOM
7:30 A 8:30	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL	FUNCION TRAINING	BODY BALANCE VIRTUAL	ZUMBA	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL
9:30 A 10:30	P.T* GRUPOS	P.T* GRUPOS	BODY BALANCE VIRTUAL	FUNCION TRAINING	YOGA* 9:00-10:00	BORN TO MOVE* KIDS	CROSS TRAINING
11:00 A 12:30	GAP	CORE	ZUMBA	GAP	STRONG HIIT	BORN TO MOVE* KIDS	BORN TO MOVE* KIDS
13:00 A 14:00	PILATES* 12:30-13:30	BODY BALANCE VIRTUAL	YOGA* 12:30-13:30	BODY BALANCE VIRTUAL	BODY BALANCE VIRTUAL		
14:30 A 15:30	CROSS TRAINING	FUNCION TRAINING	CORE	P.T* GRUPOS	GAP		
16:30 A 17:30	CORE	GAP	P.T* GRUPOS	FUNCION TRAINING	HIIT	BORN TO MOVE* KIDS	GAP
18:00 A 19:00	ZUMBA	STRONG HIIT	GAP	HIIT	CROSS TRAINING	STRONG HIIT	
19:30 A 20:30	YOGA*	ZUMBA	PILATES*	CORE	CORE		

* COSTE ADICIONAL

