

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
	9:15-10:00H TONO ABD	9:30-10:30H PILATES	9:15-10:00H TONO ABD	9:30-10:30H PILATES	
10:30-11:30H TAI CHI-CHI KUNG		10:30-11:30H TAI CHI-CHI KUNG			10:30-12:30H AIKIDO
17:00-18:00H TAI CHI-CHI KUNG		17:00-18:00H TAI CHI-CHI KUNG			
18:00-18:45H CROSS TRAINING		18:00-18:45H CROSS TRAINING		18:00-18:45H C. FUNCIONAL	
18:45-19:30H CROSS TRAINING	18:30-19:30H PILATES	18:45-19:30H CROSS TRAINING	18:30-19:30H PILATES	18:45-19:15H STRETCH & FLOW	
19:30-20:30H PILATES	19:30-20:45H AIKIDO	19:30-20:30H PILATES	19:30-20:45H AIKIDO		
20:30-21:30H PILATES		20:30-21:30H PILATES			

SALA FITNESS - MUSCULACIÓN:

MAÑANAS DE LUNES A VIERNES DE 8:30 A 13:30H.

SÁBADOS DE 9:30 A 13:00H.

TARDES: LUNES, MIÉRCOLES Y VIERNES DE 16:30 A 22:00H

MARTES Y JUEVES DE 17:00 A 22:00H.