

HORARIO ACTIVIDADES

	L	M	X	J	V	S	D
7:15	BODY PUMP 45'	BODY BALANCE	FUNCTIONAL 45'	SPINNING VIRTUAL	BODY PUMP 45'		
10:00	FUNCTIONAL	BODY PUMP	BODY COMBAT	ZUMBA	BODY BALANCE	SPINNING VIRTUAL	SPINNING VIRTUAL
10:30						FUNCTIONAL	
11:00	SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL	PILATES	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
14:15	BODY PUMP 45'	FUNCTIONAL 45'	BODY BALANCE 45'	BODY COMBAT 45'	PILATES 45'		
17:30	FUNCTIONAL 30'	GAP 30'	FUNCTIONAL 30'	GAP 30'	FUNCTIONAL 30'		
18:00	BODY PUMP	BODY BALANCE	PILATES SPINNING	RITMOS LATINOS	ZUMBA		
19:00	PILATES SPINNING	BODY COMBAT	ZUMBA	BODY PUMP	PILATES		
20:00	ZUMBA	PILATES	BODY PUMP	BODY BALANCE			