



2020

HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
08.30	CT. SALA		CT. SALA		CT. SALA		
09.30	BIKE	C.TRAINN	BIKE	TONO	STEP	10. TONO	10. BIKE
10.30	PILATES	BIKE		BIKE	PILATES	11. BIKE	

13.30	BIKE	B.PUMP	BIKE	B.COMBAT	BIKE
14.30	ABD. 20'	BIKE	ABD. 20'	BIKE	ABD. 20'
15.30	B.COMBAT	ZUMBA	BIKE	TONO	BIKE
16.30	BIKE	CT. SALA	ABD. 20'	BIKE	Estir. 20'

17.30	ZUMBA	BIKE	B.COMBAT	BIKE	B.PUMP
		B.BALANCE		B.BALANCE	

18.30	B.PUMP	ZUMBA	BIKE	B.PUMP	B.COMBAT
	BIKE	CT. SALA	B.BALANCE		

19.30	B.COMBAT	BIKE	STEP	BIKE	CT. SALA
	PILATES	CT. SALA	CT. SALA	CT. SALA	

20.30	BIKE	B.PUMP	ZUMBA	B.COMBAT	BIKE
		YOGA		YOGA	

SALA	06.00 - 23.00	06.00 - 23.00	06.00 - 23.00	06.00 - 23.00	06.00 - 22.00	09.00 - 20.00	09.00 - 15.00
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