

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday	Sabado / Saturday		
8:00		8:10 – 9:00 CrossCircuit		8:10 – 9:00 CrossCircuit	8:10 – 9:00 CrossCircuit			
9:00								
9:30	CoreStix	CrossFight	Pilates 1	STRONG by Zumba	Jumping 2			
10:30	Pilates 1	Pilates 2	LaDanza! POWER	Jumping 1	Stretch & Flow	Cycling	Pilates Fusion	CoreStix
11:30	Stretch & Flow	LaDanza 1	CrossFunc	LaDanza 2	DrumBeats	SmartFit		
12:30					LaDanza 1	CrossFunc		
13:30								
14:30								
15:30	CrossCircuit	LaDanza	CoreStix	CrossPower 1	CrossFunc			
16:30	CrossFunc	Cardio H.I.T. 25 min	DrumBeats	CoreStix	LaDanza 2			
17:30	LaDanza! POWER	Stretch & Flow	STRONG by Zumba	XtremeFIT	CrossPower 2			
18:30	Jumping 2	GAP	Pilates Fusion	LaDanza 2	CrossFight	CoreStix		
19:30	CrossTrain	XtremeFIT	CrossFight					
20:30								
21:30								

Lunes: 8:00-21:30
 Martes: 8:00-21:30
 Miércoles: 8:00-21:30
 Jueves: 8:00-21:30
 Viernes: 8:00-20:30
 Sabado: 10:30-13:30

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