

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday
8:10				Funcional 2	
9:30	Core Stix 2	LaDanza Power	Pilates	SPIN	Jumping
10:30	Pilates	Core Stix 1	Funcional 1	LaDanza Power	Pilates Fusion
11:30	Stretch & Flow	LaDanza 1	WOW	Stretch & Flow	Funcional 1
12:30					LaDanza 1
13:30					
14:30					
15:30	LaDanza Power	LaDanza 2	CoreStix 2		Funcional 2
16:30	Funcional 2	WOW	LaDanza POWER	WOW	LaDanza 2
17:30	LaDanza 2	Stretch & Flow	Funcional 2	CrossFight	Corestix 2
18:30	Jumping	GAP	Pilates Fusion		
19:30		CrossFight			