

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday	
8:10		Funcional 2		Funcional 2		8:10
9:30	CoreStix 2	LaDanza Power 2	Pilates 1	SPIN	Jumping	9:30
10:30	Pilates 2	Pilates 1	FitBall	CoreStix 1	Pilates Fusion	10:30
11:30	Stretch & Flow	CoreStix 1		Stretch & Flow	Funcional 1	11:30
12:30		LaDanza 1			LaDanza 1	12:30
14:30				Funcional 2		
15:30	LaDanza Power 2	LaDanza 2	CoreStix 2	LaDanza 2	Funcional 2	15:30
16:30	Funcional 2	100% Abdominales 25 minutos	LaDanza POWER 2	FitBall	LaDanza 2	16:30
17:30	LaDanza 2	Stretch & Flow	Pilates Fusion	GAP	CoreStix 2	17:30
18:30	Jumping	CrossFight	Funcional 2	CrossFight		18:30