

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday	
8:10				Funcional 2		8:10
9:30	CoreStix 2	LaDanza Power 2	Pilates	SPIN	Jumping	9:30
10:30	Pilates	CoreStix 1	CoreStix 2	CoreStix 1	Pilates Fusion	10:30
11:30	Stretch & Flow	LaDanza 1		Stretch & Flow	Funcional 1	11:30
12:30					LaDanza 1	12:30
15:30	LaDanza Power 2	LaDanza 2	CoreStix 2		Funcional 2	15:30
16:30	Funcional 2	100% Abdominales 25 minutos	LaDanza POWER 2	WOW 25 minutos	LaDanza 2	16:30
17:30	LaDanza 2	Stretch & Flow	Pilates Fusion	CrossFight	CoreStix 2	17:30
18:30	Jumping	GAP				18:30
19:30		CrossFight				19:30