

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday	Sabado / Saturday
8:00				8:10 – 9:00 Entrenamiento funcional		
9:00						
9:30	Core Stix	STRONG by Zumba 1	Pilates 1	LaDanza! POWER	CardioSPIN	Jumping
10:30	Pilates 1 - 2	Core Stix	Entrenamiento funcional	Stretch & Flow	Pilates Fusion	CoreStix
11:30	Stretch & Flow	LaDanza 1	100% Abdominales 25 min	Core Stix	DrumBeats	
12:30					LaDanza 1	Entrenamiento funcional
13:30						
14:30						Lunes - Jueves: 8:00-21:30
15:30	STRONG by Zumba 1	LaDanza! POWER	CoreStix	CrossPower	Entrenamiento funcional	Viernes: 8:00-20:30
16:30	Entrenamiento funcional	100% Abdominales 25 min	DrumBeats	CoreStix	LaDanza 2	Sabado: 10:30-13:30
17:30	LaDanza! 2	Stretch & Flow	Entrenamiento funcional	CrossFight	CoreStix	
18:30	Jumping	GAP	Pilates Fusion			
19:30	Entrenamiento funcional	CrossFight				
20:30						
21:30						