

HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
10:00	FUNCIONAL		PILATES	Z.L	STRETCHING
11:00					
12:00					
13:00					
14:30				CORE/BRA	
15:00					
17:00					
18:00	AERO/ZUMB	PILATES	FITNESSBARR	PILATES	
19:15	GAP/TRX		CORE/BRA		
20:00		PILATES		PILATES	