

**A partir del 1 de Octubre**

SALA 2					
HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	<b>M A Ñ A N A</b>				
8:30 a 9:30		PILATES			YOGA
9:15 a 10:05	FULL BODY		STEP QUEMAGRASA	ZUMBA	
10:15 a 11:05	PILATES		YOGA	PILATES	
11:30 a 12:20	STEP QUEMAGRASA		ZUMBA	FULL BODY	
	<b>T A R D E</b>				
16:30 a 17:50	YOGA	YOGA	YOGA	YOGA	
18:00 a 18:50	ZUMBA KIDS		PILATES KIDS	ZUMBA KIDS	
19:10 a 20:00	ENTRENAMIENTO FUNCIONAL	ZUMBA STEP	ZUMBA	PILATES	
20:10 a 21:00	ZUMBA	ENTRENAMIENTO FUNCIONAL	PILATES	ZUMBA STEP	
21:10 a 22:00	PILATES	ZUMBA	ZUMBA STEP	ENTRENAMIENTO FUNCIONAL	
MONITORAS	ANA MONTORO	TONI SÁNCHEZ			

SALA 3 - PISTA MULTIUSOS					
HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
9:30 a 10:30	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING
18:00 a 18:30					
18:30 a 19:00					
19:00 a 19:30	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING
19:30 a 20:00					
20:00 a 20:30	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING
20:30 a 21:00					
21:00 a 21:30	CROSS TRAINING	CROSS TRAINING		CROSS TRAINING	
21:30 a 22:00					
22:00 a 22:30					
Monitores					

SALA 4 – GIMNASIO DE MUSCULACIÓN					
HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:00 a 9:30					
9:30 a 11:00					
11:00 a 12:30					
16:00 a 17:30					
17:30 a 19:00					
18:00 a 19:00					
19:00 a 20:30					
20:30 a 22:00					