



















| HORARIO | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|---------|--|--|--|--|--|---|---------|
| 07:30 | | | | | | | |
| 08:00 | SPINNING  | SPINNING  | SPINNING  | SPINNING  | SPINNING  | | |
| 08:30 | TRX  | TRX  | TRX  | TRX  | TRX  | | |
| 09:00 | GIMNASIA CORRECTIVA  | | GIMNASIA CORRECTIVA  | | GIMNASIA CORRECTIVA  | | |
| 11:00 | | | | | | PILATES  | |
| 19:15 | | | | | SPINNING  | | |
| 20:00 | PREPARACIÓN FÍSICA  | | PREPARACIÓN FÍSICA  | | PREPARACIÓN FÍSICA  | | |
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