

LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

SABADO

M

9:30

Balance ²
Stretching

Metodo ²
Pilates

SPINNING ⁴

SPINNING ⁴
Pilates ²

SWITCHING ³

10:00

TAICHI ²

10:30

Aerobic ²

TAICHI ²

Basic ²
Step

BATUKA ²
XTREME

TAICHI ²

YOGA ²

YOGA ²

T

14:00

Step ¹
Cardio Box

BODY ¹
PERFECT

kung fu ²

17:30

SPINNING ⁴

SPINNING ⁴

12:00

taekwondo ²

18:00

BODY ²
PERFECT
STEP

taekwondo ²
infantil

BODY ¹
PERFECT

taekwondo ²
infantil

SPINNING ⁴

19:00

Aero Dance ²

Slide ¹
Ritmico

Aero Jazz ²

Aero Salsa ¹

TCB ¹

taekwondo ²
medio

19:30

SPINNING ⁴

Stretching ¹

SPINNING ⁴

Metodo ²
Pilates

BATUKA ²
XTREME

20:00

Step ²
Limit

BODY ¹
PERFECT

BATUKA ²
XTREME

BODY ¹
PERFECT

Aerobic ²
Jam

20:30

taekwondo ²
adulto

Metodo ¹
Pilates

taekwondo ²
adulto

21:00

BATUKA ²
XTREME

SPINNING ⁴

Stretching ¹

SPINNING ⁴

TCB ¹

21:30

SPINNING ⁴

kung fu ²

Aerobic ²
Jam

kung fu ²

sala ¹
sala ²
sala ³
sala ⁴