

TIMETABLE 2017

| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------|--------------------------------|-----------------------|--------------------------------|---------------------------|------------------------|
| 9:30 | -Toning -Yoga | Pilates | GAL (Gluts, abd Y legs.) | Pilates | Zumba |
| 10:35 | GAL (Gluts, abd y legs.) | Funcional + ABS | Power Pump | Circuit Training | Toning |
| 11:35 | | | | | Funcional + CORE |
| 17:15 | Salsa | | Salsa | | |
| 17:30 | | Latin Dance | | Latin Dance | |
| 18:15 | Power Pump | | Toning | | |
| 18:35 | | Pilates | | Pilates | |
| 19:15 | Zumba | | | | Power Pump |
| 19:35 | | ABS Express 30 min | Yoga | ROMANA CROSS 30 min | |
| 20:05 | | | | | Streching 30 min |

ROOM 2

| HOUR | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------|----------|----------|-----------|----------|-------------------------------|
| 9:30 | Spinning | Spinning | Spinning | Spinning | Spinning |
| 18:35 | | | | | Spinning Express 30 min |
| 19:15 | Spinning | | Spinning | | |
| 20:00 | | Spinning | | Spinning | |

- The monitors may be replaced: vacation, sickness etc..
- Classes least 3 px.

Monday to Friday from 8:00h a 22:30h / Saturday and Bank Holiday 9:00h a 15:00h

SUNDAY CLOSED.