

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: 00	-Kárate Kids -Salsa		-Kárate Kids -Salsa		
17:30		Latin Dance		Latin Dance	
18:15	Power Pump		Toning		
18:35		Pilates		Pilates	
19:05				ROMANA CROSS	Power Pump
19:35	-Kárate -Zumba	ABS Express 30 min	-Kárate -Yoga		
20:05					Streching 30 min
20:35	Kárate		Kárate		

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

*** ii SATURDAY AND BANK HOLIDAY FROM 11:00H – 12:00H SURPRISE CLASS!!***

SUNDAY CLOSED.