

HORARIO 22/23

	Lunes	Martes	Miércoles	Jueves	Viernes
9:15h-10:15h	CICLO INDOOR	CROSSGRS	CICLO INDOOR	HIIT	
10:15h-11:15h	CROSSGRS	CICLO INDOOR	FUNCIONAL	STRONG	
15:15h-16:15h	FUNCIONAL	CROSSGRS	PUMP	CICLO INDOOR	HIIT
15:45h-16:45h	JUDO TEENS	JUDO NEGRO	JUDO TEENS		JUDO LASCUARRE
16:45h-17:45h	JUDO KIDS	JUDO BABY	JUDO KIDS	JUDO BABY	
16:45h-17:45h	DANCE BABY	CROSSKIDS	DANCE BABY	CROSSKIDS	
16:45h-17:45h	CROSS TEENS		CROSSBABY		MUM&BABY 17:30H
17:45h-18:45h	PILATES	HILIT GRS	CROSSSTEENS	CROSSTEENS	
17:45h-18:45h	JUDO PRETEENS		DANCE KIDS		
18:15h-19:45h		BURN 30'	BURN 30'	BURN 30'	
19h-20h	HIIT	CROSSGRS	HIIT	CROSSGRS	CROSSGRS
19h-20h	PUMP	FUNCIONAL	PUMP	PUMP	
20h-21h	FUNCIONAL	CICLO INDOOR M	FUNCIONAL	CICLO INDOOR	
20h-21h	CROSSGRS	CROSSGRS	CROSSGRS	CROSSGRS	
21h-22h	PILATES		PILATES	STRONG	

