HORARIOS	LUNES			MARTES			MIERCOLES			JUEVES			VIERNES			SABADO			DOMINGO		
SALAS	F	S2	C.I	F	CL	C.I	F	S2	C.I	F	CL	C.I	F	S2	C.I	F	S2	C.I	F	S2	C.I
7:15						CICLO						CICLO									
7:30																					
8:00					C.TRAINING						P.BODY										
8:30					CORE																
9:00					P.BODY						TRX			GAP							
9:30		PUMP				CICLO		ZUMBA			CORE	CICLO		STRECHING	CICLO						
10:00					PILATES				CICLO		PILATES			ZUMBA			CICLO				
10:30		ZUMBA	CICLO					GAP													
11:00					TRX			PILATES			PUMP			PILATES			C.TRAINING				
11:30		PILATES			CORE												CORE				
12:00								TRX			CORE			TRX							
12:30		P.BODY			K.B			CORE			K.B			K.B							
13:00								C.TRAINING				CICLO					K.B				
13:30		CORE						STRECHING													
14:00		GAP			HIT						GAP						GAP				
14:30		C.TRAINIG				CICLO		PUMP		C.TRAINING	ZUMBA				CICLO						
15:00		STRECHING			CORE																
15:30								CORE		STRECHING											
16:00																					
16:30																					
17:00		PILATES			TRX			PILATES			C.TRAINING			TRX			P.BODY				
17:30					CORE						CORE			CORE							
18:00		K.B	CICLO		PILATES			STP	K.B		PILATES				K.B		CICLO				
18:30																					
19:00		ZUMBA			PUMP	CICLO		GAP			ZUMBA	CICLO	C.TRAINING	PUMP			C.TRAINING				
19:30								STRECHING									CORE				
20:00		PUMP	CICLO		C.TRAINING			RF	CICLO		HIT			P.BPDY							
20:30					CORE																
21:00		RF			K.B	CICLO		C.TRAINING			K.B	CICLO		K.B							
21:30								CORE													
22:00		CORE																			
22:30																					
23:00																					