

BOUTIQUES:

MUSIC HALL

ADN FUN BOX

ADN CROXFIT

PHSYCO

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
9:00		9:00	CIRCUIT	9:00	XPLOSION	9:00	CIRCUIT	9:00		10:00	FUNCIONAL
9:00	PILATES	9:30	PILATES	9:00	PILATES	9:30	PILATES	9:30	XPLOSION	10:00	VIRTUAL
9:30	CIRCUIT	9:30	SIX PACK	9:30	SIX PACK	9:30	THE ROAD	10:00	SHAKE	10:30	
10:00	SHAKE	10:00	THE ROAD	10:00	QLO	10:00		10:00	THE ROAD	11:00	CARDIO PERFORMANCE
10:00	THE ROAD	10:30	W ORKOUT	10:30		10:30	W ORKOUT	10:30		11:30	
10:30		11:00		11:00	SHAKE	10:30	CARDIO PERFORMANCE	11:00	QLO	12:00	XPLOSION
11:00	W ORKOUT	11:30	STRETCHING	11:00	CARDIO PERFORMANCE	11:00		11:00	SIX PACK	12:30	SIX PACK
11:00	CARDIO PERFORMANCE	11:30	XPLOSION	11:30		11:30	STRETCHING	11:30			
11:30		12:00	VIRTUAL	12:00	FUNCIONAL	12:00	SIX PACK	12:00	FEELIVE		
12:00	SIX PACK	12:30		12:00	VIRTUAL	12:00	VIRTUAL	12:00	VIRTUAL		
12:00	VIRTUAL			12:30		12:30		12:30	FUNCIONAL		
12:30											
13:00		13:00		13:00		13:00		13:00		13:00	VIRTUAL
14:00		14:00		13:30		13:30		13:30			
14:30	XPLOSION	14:30	CIRCUIT	14:00		14:00		14:00			
15:00	SIX PACK	15:00	VIRTUAL	14:30	XPLOSION	14:30	CIRCUIT	14:30			
15:30		15:30		15:00	SIX PACK	15:00	VIRTUAL	15:00			
16:00		16:00		15:30		15:30		15:30			
16:30		16:30		16:00		16:00		16:00			
17:00	CIRCUIT	17:00	FUNCIONAL	16:30		16:30		16:30			
17:30	SIX PACK	17:30	PILATES	17:00	CIRCUIT	17:00	FUNCIONAL	17:00	VIRTUAL		
		17:30		17:30	SIX PACK	17:30	PILATES	17:30			
18:00	QLO	18:00		18:00	QLO	18:00		18:00			
18:00	CARDIO PERFORMANCE	18:30	STEEP	18:00	CARDIO PERFORMANCE	18:30	W ORKOUT	18:30	CIRCUIT		
18:30		18:30	CARDIO PERFORMANCE	18:30		18:30	XPLOSION	19:00	SIX PACK		
19:00	W ORKOUT	19:00		19:00	SHAKE	18:30	VIRTUAL	19:30	PILATES		
19:00	FUNCIONAL	19:30	W ORKOUT	19:00	CROXFIT	19:00	SIX PACK	19:30	CARDIO PERFORMANCE		
19:00	THE ROAD	19:30	CIRCUIT	19:30		19:30	STEEP	20:00			
19:30		19:30	THE ROAD	20:00	W ORKOUT	19:30	CARDIO PERFORMANCE	20:30	W ORKOUT		
20:00	PILATES	20:00	SIX PACK	20:00	FUNCIONAL	20:00		20:30	XPLOSION		
20:00	CROXFIT	20:30	SHAKE	20:00	THE ROAD	20:30	SHAKE	20:30	VIRTUAL		
20:00	THE ROAD	20:30	CROXFIT	20:30		20:30	CIRCUIT	21:00			
20:30		20:30	THE ROAD	21:00	FEELIVE	20:30	THE ROAD	21:30			
21:00	SHAKE	21:00		21:00	THE ROAD	21:00	SIX PACK				
21:00	XPLOSION	21:30	YOGA	21:30		21:30	YOGA				
21:00	THE ROAD										
21:30	SIX PACK										