

TIMETABLE 2018

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Yoga	Pilates	Yoga	Pilates	Zumba
10:35	ABS GLUTES LEGS	Jump Tonificación	Power Pump	ABS GLUTES LEGS	Tonificación
17:00	KARATE KIDS		KARATE KIDS		
17:15					
17:30		Aero-Dance		Aero-Dance	
18:15	Power Pump		Toning		
18:30		Pilates		Pilates	Pilates/Yoga
19:05					Cardio Box
19:35	KARATE	ROMANA HIIT	KARATE	ROMANA HIIT	
20:00		MUAY THAI		MUAY THAI	Stretching 30 min
20:30	KARATE		KARATE		

ROOM 2

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Cycling	Cycling	Cycling	Cycling	Cycling
18:35					Cycling Express 30 min
19:15	Cycling		Cycling		

- 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.