

		l	m	x	j	v	s
06:00 - 07:00	Sala principal	Yoga	Yoga	Yoga	Yoga	Yoga	
07:00 - 08:00	Sala principal	Surf cross	Surf cross	Surf cross	Pilares accesorios	Surf Fitness	
		Surf Fitness	Surf Fitness	Surf Fitness	Surf Fitness	Surf cross	
			Pilares accesorios		Surf cross		
08:00 - 09:00	Sala principal	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness
09:00 - 10:00	Sala principal	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
		Baile	Baile	Baile	Baile		

**Tarde**

17:00 - 18:00	Sala principal	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
18:00 - 19:00	Sala principal	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	Kangoo Fitness	
19:00 - 20:00	Sala principal	Yoga	Yoga	Yoga	Yoga	Yoga	
20:00 - 21:00	Sala principal	Surf Fitness	Surf Fitness	Surf Fitness	Surf Fitness	Surf Fitness	
21:00 - 22:00	Sala principal	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	