

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

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	
	Sala Spinning	Spinning	Spinning	Spinning	Spinning	Spinning	
19:00 - 20:00	Sala Spinning	Spinning	Spinning	Spinning	Spinning	Spinning	
	Sala principal	Yoga	Yoga	Yoga	Yoga	Yoga	
20:00 - 21:00	Sala Spinning	Spinning	Spinning	Spinning	Spinning	Spinning	
	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	
	Sala Spinning	Spinning	Spinning	Spinning	Spinning	Spinning	