

LUNES

09:00

09:30

10:00

11:00

12:00

18:00

19:30

20:00

20:30

09:30H
VIDA ACTIVA
60'

10:45H
GAP 45
45'

19:30H
GAP 45
45'

20:30H
ZUMBA
60'

MARTES

09:15H
BODY PUMP
60'

10:30H
STRETCHING + CORE
60'

20:15H
VIDA ACTIVA
60'

MIÉRCOLES

09:30H
GAP 45
45'

10:30H
BODY BALANCE
45'

20:15H
BODY PUMP
60'

JUEVES

09:15H
VIDA ACTIVA
60'

10:30H
STRETCHING + CORE
60'

19:30H
VIDA ACTIVA
60'

VIERNES

09:30H
GAP 45
45'