

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
09.00					
09.30					
10.00					
10.30	10.00 POLE DANCE	10.00 PILATES INTEGRAL	10.00 POLE DANCE	10.00 PILATES INTEGRAL	
11.00					
11.30	11.00 FLEXIBILIDAD				
12.00					
12.30					
13.00					
14.30	14.30 YOGA	14.30 PILATES INTEGRAL	14.30 YOGA	14.30 PILATES INTEGRAL	
15.00					
15.30					
16.00		15.30 PILATES INTEGRAL		15.30 PILATES INTEGRAL	
16.30					
17.00					
17.30	17.00 POLE DANCE				
18.00					
18.30	18.00 EMBARAZADAS		18.00 EMBARAZADAS		
19.00		18.30 PILATES INTEGRAL		18.30 PILATES INTEGRAL	
19.30	19.00 PILATES INTEGRAL		19.00 PILATES INTEGRAL		
20.00		19.30 PILATES INTEGRAL		19.30 PILATES INTEGRAL	
20.30	20.00 HIPOPRESIVOS		20.00 HIPOPRESIVOS		
21.00	20.30 PILATES INTEGRAL	20.30 POLE DANCE	20.30 PILATES INTEGRAL	20.30 POLE DANCE	
21.30					
22.00	21.30 POLE DANCE	21.30 PILATES INTEGRAL	21.30 POLE DANCE	21.30 PILATES INTEGRAL	
22.30					
23.00			22.30 FLEXIBILIDAD		