

LUNES

7-7:45	• HIIT Circuit
7:30-8:15	• Functional*
8-8:45	• HIIT Circuit
10-10:45	• Functional
10:30-11:15	• HIIT Circuit
13:30-14:15	• Functional*
14:30-15	• GAP
14:30-15:15	• HIIT Circuit
18-18:45	• Functional
19-20	• Pilates
19:30-20:30	• Running Social
20-20:45	• HIIT Circuit

MARTES

7-7:45

- Functional

7:15-8:15

- Running Social

7:30-8:15

- HIIT Circuit

8-9

- Pilates

9:30-10:15

- Functional*

10-10:45

- HIIT Circuit

13-14

- Pilates

14:15-15

- Functional

14:30-15:15

- HIIT Circuit

18:30-19:15

- HIIT Circuit

19:15-20

- Functional*

20:30-21:15

- HIIT Circuit

MIÉRCOLES

7:30-8:15

• HIIT Circuit

8-8:45

• Functional*

10-11

• Pilates

11-11:45

• HIIT Circuit

13:45-14:15

• GAP

14-14:45

• HIIT Circuit

14:30-15:15

• Pilates

18-19

• Pilates

19-19:45

• Running Strength

20-20:45

• Running Social

20:15-21:15

• Pilates

20:30-21:15

• HIIT Circuit

JUEVES

7:15-8:30	• Functional
7:30-8:15	• HIIT Circuit
8:05-9:05	• Pilates
10-11	• Stretching
11:15-12	• Functional
14:15-15	• Functional
14:30-15:15	• HIIT Circuit
14:30-15:30	• Running Ampro
18-19	• Pilates
18:30-19:15	• HIIT Circuit
19:15-20	• Functional*
20:15-21	• HIIT Circuit

VIERNES

7:45-8:30

- Functional*

8-8:45

- HIIT Circuit

9:30-10:30

- Pilates

10:45-11:30

- HIIT Circuit

11:45-12:30

- Functional

14:30-15:30

- Pilates

14:30-15:15

- HIIT Circuit

18-18:45

- Functional

19-19:45

- HIIT Circuit

SÁBADO

10-11

- Running Social

10:15-11

- HIIT Circuit

11:30-12:15

- Functional*

12:30-13:30

- Pilates

DOMINGO

10-10:45

- Functional

11:30-12:15

- HIIT Circuit