

| | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---------------|------------------------------|---------------|-----------------|----------|
| 10:30 – 11:30 | AEROBIC (11:00) | CORE | AEROBIC (11:00) | FULLBODY |
| 11:30- 12:30 | PILATES (12:00) | ZUMBA | PILATES (12:00) | ZUMBA |
| | | | | |
| 16:00 – 17:00 | | | | |
| 17:30 – 18:15 | ACTIVIDAD FÍSICA TERAPEUTICA | ZUMBA (17:00) | | |
| 18:00 – 19:00 | AEROBIC (18:15) | AQUAGYM | AEROBIC | ZUMBA |
| 19:00 – 20:00 | | AEROBIC | | AEROBIC |
| 20:00 – 21:00 | QUEMAGRASAS | GAP | QUEMAGRASAS | |
| 21:00 – 21.40 | ABDOMINALES | | ABDOMINALES | |