

	Lunes Astelehena			Martes Asteartea				Miércoles Asteazkena			Jueves Osteguna			Viernes Ostirala		
	SALA SPINING	SALA PEQUEÑA	SALA PRIMERA PLANTA	SALA SPINING	SALA PEQUEÑA	SALA PRIMERA PLANTA	SALA PRIMERA (TATAMI)	SALA SPINING	SALA PEQUEÑA	SALA PRIMERA PLANTA	SALA SPINING	SALA PRIMERA PLANTA	SALA PRIMERA (TATAMI)	SALA SPINING	SALA PRIMERA PLANTA	
LAGUNAK	SPINING 9:30					TONO PUMP 9:30		SPINING 9:30					PILATES 9:30			
											ZUMBA 10:30					
	SPINING 17:00-17:45		TONO PUMP 17:00-18:00	SPINING 17:30-18:15		ZUMBA 17:45-18:15		SPINING 17:00-17:45		TONO PUMP 17:00-18:00	SPINING 17:30-18:15	ZUMBA 17:45-18:15		SPINING 17:30		
	SPINING 18:00-18:45	GAP 18:00-18:45			CORE + stretching 18:15-19:00	ZUMBA 18:15-18:45		SPINING 18:00-18:45	GAP 18:00-18:45			ZUMBA 18:15-18:45				
		CORE + stretching 18:45-19:30	PILATES 18:15-19:15	SPINING 18:30-19:15		INTENSITY 19:00-19:30			CORE + stretching 18:45-19:30		PILATES 18:15-19:15	SPINING 18:30-19:15	INTENSITY 19:00-19:30			
	SPINING 19:00-19:45		CROSS TRAIN 19:45-20:15	SPINING 19:30-20:15		INTENSITY 19:30-20:00	PILATES 19:45-20:45		SPINING 19:00-19:45		CROSS TRAIN 19:45-20:15		INTENSITY 19:30-20:00			
SPINING 20:00-20:45		CROSS TRAIN 20:15-20:45						SPINING 20:00-20:45		CROSS TRAIN 20:15-20:45	SPINING 20:00-20:45		YOGUILATES 19:45-20:45			

TONO PUMP	15
PILATES	18
ABD/CORE STRECHING	18
CROSS TRAINING	15
YOGUILATES	18
ZUMBA	18
ZUMBA KIDS	18
ZUMBA JUNIOR	18