

LAGUNAK	Lunes Astelehena		Martes Asteartea		Miércoles Asteazkena			Jueves Osteguna		Viernes Ostirala		
	SALA SPINING	SALA PEQUEÑA	SALA PRIMERA PLANTA	SALA SPINING	SALA PRIMERA PLANTA	SALA SPINING	SALA PEQUEÑA	SALA PRIMERA PLANTA	SALA SPINING	SALA PRIMERA PLANTA	SALA SPINING	SALA PRIMERA PLANTA
	SPINING 9:30			TONO PUMP 9:30	SPINING 9:30					PILATES 9:30		
									ZUMBA 10:30			
			TONO PUMP 17:00-17:30					TONO PUMP 17:00-17:30				
	SPINING 17:00-17:45		TONO PUMP 17:30-18:00	SPINING 17:30-18:15	ZUMBA 17:45-18:15	SPINING 17:00-17:45		TONO PUMP 17:30-18:00		ZUMBA 17:45-18:15	SPINING 17:30	
	SPINING 18:00-18:45		PILATES 18:15-19:15	SPINING 18:30-19:15	ZUMBA 18:15-18:45	SPINING 18:00-18:45		PILATES 18:15-19:15	SPINING 17:30-18:15	ZUMBA 18:15-18:45		
	SPINING 19:00-19:45	CORE + stretching 18:15-19:00	CORE + stretching 19:30-20:15	SPINING 19:30-20:15	TONO PUMP 19:00-19:30	SPINING 18:00-18:45	CORE + stretching 18:15-19:00	CORE + stretching 19:30-20:15	SPINING 18:30-19:15	TONO PUMP 19:00-19:30		
	SPINING 20:00-20:45		CROSS TRAIN 20:30-21:00	SPINING 20:30-21:15	TONO PUMP 19:30-20:00	SPINING 19:00-19:45		CROSS TRAIN 20:30-21:00		TONO PUMP 19:30-20:00		
			CROSS TRAIN 21:00-21:30		PILATES 20:15-21:15	SPINING 20:00-20:45		CROSS TRAIN 21:00-21:30	SPINING 20:00-20:45	YOGUILATES 20:15-21:15		