

HORA	MODALIDAD	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
10:00	FUNCIONAL	D-STRONG				D-CROSS	D-CROSS
	COLECTIVAS			D-PUMP			
11:00	FUNCIONAL	D-CROSS		D-DROP		D-STRONG	D-DROP
	COLECTIVAS						
12:00	FUNCIONAL						D-STRONG
	COLECTIVAS						
16:30	FUNCIONAL	D-CROSS		D-STRONG	D-PLYO	D-DROP	
	COLECTIVAS		D-PUMP				
17:30	FUNCIONAL		D-DROP	D-HIIT	D-CROSS	D-STRONG	
	COLECTIVAS	PILATES		D-FLIP			
18:30	FUNCIONAL	D-STRONG	D-CROSS	D-DROP		D-CROSS	
	COLECTIVAS				YOGA		
19:30	FUNCIONAL	D-CORE	D-PLYO		D-HIIT		
	COLECTIVAS			PILATES	D-PUMP		
20:30	FUNCIONAL	D-DROP	D-STRONG	D-CROSS	D-STRONG		
	COLECTIVAS	YOGA	D-FLIP	D-CORE			