

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	HORA	SÁBADO
8:30	D-CROSS	D-BUM	D-CROSS	D-DROP	D-CROSS	9:00	D-CROSS
9:30	D-DROP	PILATES	D-CROSS	D-FLEXY	D-BUM	10:00	D-CROSS
10:30	D-CROSS	D-STRONG	D-DROP	D-CROSS	D-STRONG	11:00	CALISTENIA
11:30	D-STRONG	D-DROP	D-BUM	D-STRONG	D-CROSS		
16:30	D-CROSS	D-CROSS	D-CROSS	PILATES	D-DROP		
17:30	PILATES	D-BUM	D-CROSS	D-CROSS	D-CROSS		
		PILATES					
18:30	D-CROSS	D-CROSS	D-DROP	YOGA			
				D-CROSS			
19:30	D-DROP	CALISTENIA	PILATES	CALISTENIA			
	YOGA	YOGA					
20:30	D-CROSS	D-CROSS	D-CROSS	D-CROSS			