

Horarios de las sesiones

	Lunes	Martes	Miércoles	Jueves	Viernes
8:00h	Power & Cardio 50 min		Intro 50 min		Classic 50 min
8:30h		Power & Cardio 50 min		Classic 50 min	
9:00h	Classic 50 min		Classic 50 min		Intro 50 min
9:30h		Flow bodymind 50 min		Classic 50 min	
10:00h					
10:30h					
11:00h					
18:00h	Flow bodymind 50 min		Flow bodymind 50 min		Classic 50 min
18:30h		Classic 50 min		Flow bodymind 50 min	
19:00h	Power & Cardio 50 min		Classic 50 min		Power & Cardio 50 min
19:30h		Intro 50 min		Classic 50 min	
20:00h	Classic 50 min		Power & Cardio 50 min		Classic 50 min
20:30h		Classic 50 min		Intro 50 min	
21:00h					