

HORARIOS MIND & BODY

	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
09:00	GAP 25' 09:30 - 09:55	CICLO 09:30 - 10:15	YOGUILATES 09:30 - 10:25	GAP 25' 09:30 - 09:55	BFS 09:30 - 10:25
				CICLO 09:30 - 10:15	
10:00	AEROINTERVAL 25' 10:00 - 10:25	BFS 10:30 - 11:25	GAP 10:30 - 11:25	AEROINTERVAL 25' 10:00 - 10:25	PILATES 10:30 - 11:25
11:00	PILATES 10:30 - 11:25			PILATES 10:30 - 11:25	
18:00	PILATES 18:00 - 18:55	GAP 25' 18:00 - 18:25	YOGA 18:00 - 18:55	BFS 18:00 - 18:55	YOGA 18:00 - 18:55
		CARDIO FIT 25' 18:30 - 18:55			
19:00	ESTIRAMIENTOS 19:00 - 19:25	PILATES 19:00 - 19:55	GAP 19:00 - 19:55	PILATES 19:00 - 19:55	PILATES 19:00 - 19:55
	BFS 19:30 - 20:25				
20:00	GAP 25' 20:30 - 20:55	CICLO 20:00 - 20:45	BFS 20:00 - 20:55	ZUMBA 20:00 - 21:00	
		ZUMBA 20:00 - 21:00			