

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<b>7:00</b>	07:00 - 07:45 SALA CICLO <b>CICLO</b>	07:15 - 08:05 MULTI 01 <b>TONIFICACION</b>	07:00 - 07:45 SALA CICLO <b>CICLO</b>	07:15 - 08:05 MULTI 01 <b>TONIFICACION</b>	07:00 - 07:45 SALA CICLO <b>CICLO</b>		
<b>8:00</b>	08:15 - 08:35 Queenax <b>CORE 20'</b>		08:15 - 08:35 Queenax <b>CORE 20'</b>		08:30 - 09:20 MULTI 01 <b>BODY BALANCE</b>		
	08:30 - 09:20 MULTI 01 <b>PILATES</b>		08:30 - 09:20 MULTI 01 <b>PILATES</b>				
<b>9:00</b>	09:00 - 10:00 SALA BOXEO <b>BOXEO</b>	09:00 - 10:00 MULTI 02 <b>BOXEO</b>	09:00 - 10:00 SALA BOXEO <b>BOXEO</b>	09:00 - 10:00 MULTI 02 <b>BOXEO</b>	09:00 - 10:30 MULTI 02 <b>BOXEO</b>	09:00 - 10:00 MULTI 01 <b>BODYPUMP</b>	
	09:30 - 10:20 MULTI 01 <b>BODYPUMP</b>	09:00 - 09:30 Queenax <b>GLÚTEO EXPRESS</b>	09:30 - 10:20 MULTI 01 <b>BODYPUMP</b>	09:00 - 09:50 MULTI 01 <b>YOGA</b>	09:00 - 09:30 Queenax <b>TRX</b>		
	09:30 - 10:15 SALA CICLO <b>CICLO</b>	09:30 - 10:15 SALA CICLO <b>CICLO</b>	09:30 - 10:15 SALA CICLO <b>CICLO</b>	09:00 - 09:20 Queenax <b>HIPOPRESIVOS</b>	09:30 - 10:20 MULTI 01 <b>BODYPUMP</b>		
		09:30 - 10:15 Queenax <b>FUNCTIONAL QUEENAX</b>		09:30 - 10:15 SALA CICLO <b>CICLO</b>	09:30 - 10:15 SALA CICLO <b>CICLO</b>		
		09:45 - 10:35 MULTI 02 <b>YOGA</b>		09:30 - 10:15 Queenax <b>FUNCTIONAL QUEENAX</b>			
<b>10:00</b>	10:30 - 11:15 Queenax <b>FUNCTIONAL QUEENAX</b>	10:30 - 11:20 MULTI 01 <b>BODYPUMP</b>	10:00 - 10:50 MULTI 02 <b>BOXEO</b>	10:30 - 11:20 MULTI 01 <b>BODYPUMP</b>	10:30 - 11:15 Queenax <b>FUNCTIONAL QUEENAX</b>	10:00 - 10:45 SALA CICLO <b>CICLO</b>	
			10:30 - 11:15 Queenax <b>FUNCTIONAL QUEENAX</b>				
<b>11:00</b>		11:00 - 11:30 Queenax <b>ESPALDA SANA</b>		11:30 - 12:20 MULTI 01 <b>RITMOS LATINOS</b>			
		11:30 - 12:20 MULTI 01 <b>RITMOS LATINOS</b>					
<b>17:00</b>	17:00 - 17:40 MULTI 01 <b>JUMPING FITNESS</b>	17:00 - 17:50 MULTI 01 <b>PILATES</b>	17:00 - 17:30 Queenax <b>GLÚTEO EXPRESS</b>	17:00 - 17:50 MULTI 01 <b>PILATES</b>	17:00 - 17:50 MULTI 01 <b>BODYPUMP</b>		
<b>18:00</b>	18:00 - 18:50 MULTI 02 <b>BOXEO</b>	18:00 - 18:50 SALA BOXEO <b>BOXEO</b>	18:00 - 18:50 MULTI 01 <b>BODYPUMP</b>	18:00 - 19:00 MULTI 02 <b>BOXEO</b>	18:00 - 18:45 SALA CICLO <b>CICLO</b>		
	18:00 - 18:50 MULTI 01 <b>BODYPUMP</b>	18:00 - 18:50 MULTI 01 <b>BODYCOMBAT</b>	18:00 - 18:45 SALA CICLO <b>CICLO</b>	18:00 - 18:50 MULTI 01 <b>BODYCOMBAT</b>	18:00 - 18:50 MULTI 01 <b>RITMOS LATINOS</b>		
	18:00 - 18:45 SALA CICLO <b>CICLO</b>		18:30 - 19:00 Queenax <b>ESPALDA SANA</b>				
<b>19:00</b>	19:00 - 19:50 MULTI 02 <b>YOGA</b>	19:00 - 19:50 MULTI 02 <b>YOGA</b>	19:00 - 19:50 MULTI 02 <b>YOGA</b>	19:00 - 19:50 MULTI 02 <b>YOGA</b>	19:00 - 19:45 MULTI 01 <b>BODY BALANCE</b>		
	19:00 - 19:45 Queenax <b>FUNCTIONAL QUEENAX</b>	19:00 - 19:50 MULTI 01 <b>BODYPUMP</b>	19:00 - 19:50 MULTI 01 <b>RITMOS LATINOS</b>	19:00 - 19:45 MULTI 01 <b>JUMPING FITNESS</b>	19:00 - 19:45 Queenax <b>FUNCTIONAL QUEENAX</b>		

	19:10 - 19:55 SALA CICLO <b>CICLO</b>	19:00 - 19:45 SALA CICLO <b>CICLO</b>	19:10 - 19:55 SALA CICLO <b>CICLO</b>	19:00 - 19:45 Queenax <b>FUNCTIONAL QUEENAX</b>
				19:10 - 19:55 SALA CICLO <b>CICLO</b>
<b>20:00</b>	20:00 - 20:30 MULTI 02 <b>TRX</b>	20:00 - 20:45 Queenax <b>FUNCTIONAL QUEENAX</b>	20:00 - 20:50 MULTI 01 <b>BODYCOMBAT</b>	20:00 - 20:50 MULTI 01 <b>BODYPUMP</b>
	20:00 - 21:00 MULTI 01 <b>BODY BALANCE</b>	20:10 - 20:55 SALA CICLO <b>CICLO</b>	20:00 - 20:45 Queenax <b>FUNCTIONAL QUEENAX</b>	20:10 - 20:55 SALA CICLO <b>CICLO</b>
<b>21:00</b>	21:00 - 21:50 MULTI 01 <b>BODYCOMBAT</b>	21:00 - 21:30 MULTI 02 <b>TRX</b>	21:00 - 22:00 MULTI 01 <b>BODY BALANCE</b>	