



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:15	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	9 AM ground YOGA
7:45		HIPOPRESIVOS				10 AM HYBRID
8:15	STRENGTH HYBRID PILATES MAT		STRENGTH HYBRID		STRENGTH HYBRID	
8:30		STRENGTH HYBRID		STRENGTH HYBRID		
9:15	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	
9:30		YOGA		YOGA		
10:15			ground			
17:00	STRENGTH HYBRID		STRENGTH HYBRID		STRENGTH HYBRID	
17:45		YOGA		YOGA		
18:00	STRENGTH HYBRID		STRENGTH HYBRID PILATES MAT		STRENGTH HYBRID	
19:00	STRENGTH HYBRID	STRENGTH HYBRID	STRENGTH HYBRID	STRENGTH HYBRID	ground	