

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