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| --- | --- | --- | --- | --- | --- | --- | --- |
| * Fitness Factory | | | | | | | |
| **HORAS** | **LUNES** | **MARTES** | **MIERCOLES** | **JUEVES** | | | **VIERNES** |
| **9:30 -10:30** | **Spinning**  **José Luis** | **Body Pump**  **José Luis** | **Spinning**  **José Luis** | **GAP**  **José Luis** | | |  |
| **10:30 - 11:30** | **Pilates Mat**  **José Luis** |  | **Pilates FitBall**  **José Luis** |  | | |  |
| **11:30-12:30** |  |  |  |  | | |  |
| **11:30 – 12:30** |  |  |  |  | | |  |
| **De 14:00 a 16.00** | **Cerrado** | | | | | | |
| **18:00-19:00** | **Body Pump**  **José Luis** | **Pilates**  Isaac | **Body Pump**  **José Luis** | | **Pilates**  Isaac |  | |
| **19:00 - 20:00** | **Spinning**  **José Luis** |  | **Spinning**  **José Luis** | |  |  | |
| **20:00 – 21:00** | **Zumba Fitness**  Alba | **Zumba Fitness**  Jose luis | **Zumba Fitness**  Jose luis | | **Zumba Fitness**  Alba  **20:15-21:15** |  | |
| **20:30-21:30** |  |  |  | |  |  | |

# Lunes a Vienes: 09:00 – 14:00h y de 16:00 – 22:30h Sábado: 10:00–14:0h

Minino de personas por clase: 5