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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