

LUNES	MARTES	MIÉRCOLES	JUEVES
	9:00–10:00 PILATES SIRESA		9:00–10:00 PILATES SIRESA
	10:00–11:00 BTT SIRESA		10:00–11:00 MULTIDEPORTE SIRESA
12:00–13:00 PILATES (Colegio)	11:00–12:00 BTT MAYORES (Colegio)	12:00–13:00 PILATES (Colegio)	11:00–12:00 BTT MAYORES (Colegio)
13:00–14:00 AQUAGYM	12:00–13:00 GAP (Colegio)	13:00–14:00 AQUAGYM	
	13:00–14:00 BODY TONIC (Colegio)		
16:00–17:00 NAT. AVANZADO	16:00–17:00 NAT. AVANZADO	16:00–17:00 NAT. INTERMEDIO 3	
17:00–18:00 NAT. INTERMEDIO 1	17:00–18:00 NAT. INTERMEDIO 1	17:00–18:00 NAT. INTERMEDIO 2	
18:00–19:00 NAT. INTERMEDIO 2	18:00–19:00 NAT. INICIACION	18:00–19:00 NAT. INICIACION	
19:00–20:00 CROSS TRAINING	18:00–19:00 NAT. INTERMEDIO 3	19:00–19:45 GAP (colegio)	
20:15–21:15 PILATES EMBÚN	19:00–19:45 BODY TONIC (Colegio)	20:00–21:00 PILATES EMBÚN	