

	<b>LUNES</b>	<b>MARTES</b>	<b>MIÉRCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>
8:35 - 8:55	ABDOMINALES	PROPIOCEPCIÓN	TRX	HIIT CORE	ESTIRAMIENTOS
11:35 - 11:55		GAP		PILATES	
15:35 - 15:55		HIIT EXTREM		HIIT EXTREM	
20:05 - 20:25	HIIT LINE	ESTIRAMIENTOS	TRX	GAP	
21:05 - 21:25	GAP	HIIT TRAINING	HIIT LINE	HIIT TRAINING	TRX

	<b>SÁBADO</b>	<b>DOMINGO</b>
13:10 - 13:30	HIIT CORE	HIIT CORE