



## SERRANILLOS COLECTIVAS

| LUNES  | MARTES  | MIÉRC.   | JUEVES  | VIERNES                                    | SÁBADO | DOMINGO |
|--|---|--|---|--|--------|---------|
| 09:30 - 10:15<br><b>Cycle total (Máx 18)</b> | 09:30 - 10:15<br><b>Total training (Máx 20)</b> | 09:30 - 10:00<br><b>Ciclo express 30´ (Máx 16)</b>         | 09:30 - 10:15<br><b>Total training (Máx 16)</b> | 09:30 - 10:15<br><b>¡EL RETO! (Máx 20)</b> |        |         |
| 10:15 - 10:30<br><b>Abdomen 10 (Máx 20)</b>  | 10:15 - 11:00<br><b>Pilates (Máx 20)</b>        | 10:10 - 10:30<br><b>Culo y Abdomen ¡A MUERTE! (Máx 20)</b> | 10:15 - 11:00<br><b>Pilates (Máx 20)</b>        | 10:15 - 11:00<br><b>Zumba (Máx 18)</b>     |        |         |
| 17:10 - 18:10<br><b>Yoga (Máx 20)</b>        | 17:30 - 18:15<br><b>Total training (Máx 18)</b> | 17:10 - 18:10<br><b>Yoga (Máx 20)</b>                      | 17:30 - 18:15<br><b>Total training (Máx 18)</b> |  |        |         |
| 18:15 - 19:00<br><b>Zumba (Máx 19)</b>       | 18:20 - 19:05<br><b>Pilates (Máx 19)</b>        | 18:15 - 19:00<br><b>Zumba (Máx 19)</b>                     | 18:20 - 19:05<br><b>Pilates (Máx 20)</b>        |  |        |         |
| 19:00 - 20:00<br><b>Cycle total (Máx 16)</b> | 19:15 - 20:00<br><b>CROSS HIIT (Máx 18)</b>     | 19:10 - 20:00<br><b>Cycle total (Máx 18)</b>               | 19:15 - 20:00<br><b>CROSS HIIT (Máx 18)</b>     |  |        |         |
| 20:00 - 20:45<br><b>CROSS HIIT (Máx 18)</b>  |   | 20:00 - 20:45<br><b>CROSS HIIT (Máx 20)</b>                |   |  |        |         |