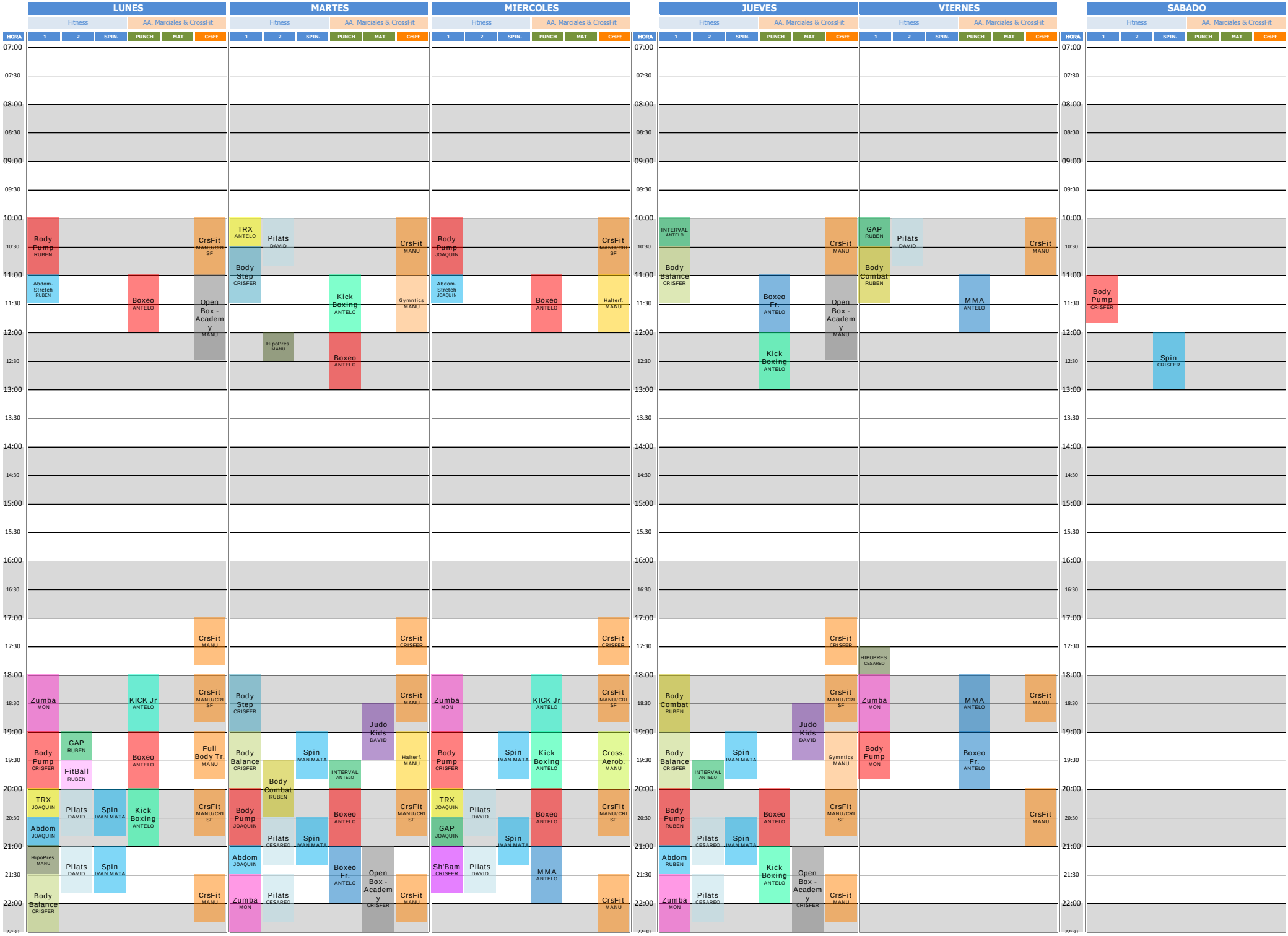

HORA	LUNES						MARTES						MIERCOLES						JUEVES						VIERNES						SABADO					
	Fitness			AA. Marciales & CrossFit			Fitness			AA. Marciales & CrossFit			Fitness			AA. Marciales & CrossFit			Fitness			AA. Marciales & CrossFit			Fitness			AA. Marciales & CrossFit			Fitness			AA. Marciales & CrossFit		
	1	2	SPIN.	PUNCH	MAT	CrsFt	1	2	SPIN.	PUNCH	MAT	CrsFt	1	2	SPIN.	PUNCH	MAT	CrsFt	1	2	SPIN.	PUNCH	MAT	CrsFt	1	2	SPIN.	PUNCH	MAT	CrsFt	1	2	SPIN.	PUNCH	MAT	CrsFt
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10:00	Body Pump RUBEN					CrsFit MANU/CRISF	TRX ANTELO	Pilats DAVID				CrsFit MANU	Body Pump JOAQUIN					CrsFit MANU/CRISF	INTERVAL ANTELO					CrsFit MANU	GAP RUBEN	Pilats DAVID				CrsFit MANU						
10:30							Body Step CRISFER																													
11:00	Abdom-Stretch RUBEN			Boxeo ANTELO		Open Box - Academy MANU				Kick Boxing ANTELO		Gymntics MANU	Abdom-Stretch JOAQUIN			Boxeo ANTELO		Halterf. MANU	Body Balance CRISFER			Boxeo Fr. ANTELO		Open Box - Academy MANU	Body Combat RUBEN			MMA ANTELO			Body Pump CRISFER					
11:30																																				
12:00								HipoPres. MANU		Boxeo ANTELO												Kick Boxing ANTELO											Spin CRISFER			
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17:30																																				
18:00	Zumba MON			KICK Jr ANTELO		CrsFit MANU/CRISF	Body Step CRISFER					CrsFit MANU	Zumba MON			KICK Jr ANTELO		CrsFit MANU/CRISF	Body Combat RUBEN					CrsFit MANU/CRISF	HIPOPRES. CESAREO											
18:30											Judo Kids DAVID												Judo Kids DAVID													
19:00	Body Pump CRISFER	GAP RUBEN		Boxeo ANTELO		Full Body Tr. MANU	Body Balance CRISFER		Spin IVAN MATA			Halterf. MANU	Body Pump CRISFER		Spin IVAN MATA	Kick Boxing ANTELO		Cross. Aerob. MANU	Body Balance CRISFER		Spin IVAN MATA			Gymntics MANU	Body Pump MON			MMA ANTELO		CrsFit MANU						
19:30		FitBall RUBEN						Body Combat RUBEN		INTERVAL ANTELO										INTERVAL ANTELO								Boxeo Fr. ANTELO								
20:00	TRX JOAQUIN	Pilats DAVID	Spin IVAN MATA	Kick Boxing ANTELO		CrsFit MANU/CRISF	Body Pump JOAQUIN			Boxeo ANTELO		CrsFit MANU/CRISF	TRX JOAQUIN	Pilats DAVID		Boxeo ANTELO		CrsFit MANU/CRISF	Body Pump RUBEN			Boxeo ANTELO		CrsFit MANU/CRISF						CrsFit MANU						
20:30	Abdom JOAQUIN							Pilats CESAREO	Spin IVAN MATA				GAP JOAQUIN		Spin IVAN MATA					Pilats CESAREO	Spin IVAN MATA															
21:00	HipoPres. MANU	Pilats DAVID	Spin IVAN MATA				Abdom JOAQUIN			Boxeo Fr. ANTELO	Open Box - Academy CRISFER		Sh'Bam CRISFER	Pilats DAVID		MMA ANTELO			Abdom RUBEN			Kick Boxing ANTELO	Open Box - Academy CRISFER													
21:30	Body Balance CRISFER					CrsFit MANU	Zumba MON	Pilats CESAREO				CrsFit MANU						CrsFit MANU	Zumba MON	Pilats CESAREO				CrsFit MANU												
22:00																																				
22:30																																				