

GIMNASIO MARBEL		HORARIO DE CLASES DURANTE LA TEMPORADA (Septiembre a Junio)			
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9-10 <i>Aerobic</i>		9-10 <i>Aerobic</i>		9-10 <i>Aerobic</i>	Sala Fitness
10,15-11,15 Pilates Reformer	10,30-11,30 Pilates RF 11-12 <u>Jiu-Jitsu/DPP/D.Personal</u> 12-13 Pilates Reformer	10,15-11,15 Pilates Reformer	10,30-11,30 Pilates RF 11-12 <u>Jiu-Jitsu/DPP/D.Personal</u> 12-13 Pilates Reformer	10,05-11,05 Pilates Suelo	Pilates Reformer PERSONALIZADO Consultas NUTRICIÓN
17-18 <i>Aerobic</i> 17-18 Pilates Reformer	16,30-17,30 Pilates Reformer	17-18 <i>Aerobic</i> 17-18 Pilates Reformer	16,30-17,30 Pilates Reformer	17-18 <i>Aerobic</i>	
18-19 Pilates Suelo 18,15-19,15 Pilates Reformer	17,30-18,30 Pilates Reformer	18-19 Pilates Suelo 18,15-19,15 Pilates Reformer	17,30-18,30 Pilates Reformer	Consultas NUTRICIÓN	
19-20 Judo Cadetes 19,20-20,20 Pilates Reformer	18-19 Judo Infantil 18,30-19,30 Pilates Reformer	19-20 Judo Cadetes 19,20-20,20 Pilates Reformer	18-19 Judo Infantil 18,30-19,30 Pilates Reformer	19,00-20,00 Pilates Suelo	
20,30-21,30 <i>Aerobic</i>	19,30-20,30 Pilates Reformer	20,30-21,30 <i>Aerobic</i>	19,30-20,30 Pilates Reformer	20,30-21,30 <i>Tonificación</i>	
20,30-21,30 Pilates Reformer	20,30-21,30 Pilates Reformer Pilates Suelo	20,30-21,30 Pilates Reformer	20,30-21,30 Pilates Reformer Pilates Suelo	Pilates Reformer PERSONALIZADO	
21,30-22,30 Judo Adultos	21,30-22,30 <u>Jiu-Jitsu/DPP/Def.Per</u>	21,30-22,30 Judo Adultos	21,30-22,30 <u>Jiu-Jitsu/DPP/Def.Per</u>	21,30-22,30 Judo Adultos	

SALA DE FITNESS - LUNES A VIERNES: 7,30-14,00 horas/ 16,00-22,30 horas /// SÁBADOS: 10,00-14.00 horas