

| GIMNASIO MARBEL | | HORARIO DE CLASES (Septiembre 2018) | | | |
|--|---|--|---|---------------------------------------|---|
| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO |
| 9-10 Aeróbic | | 9-10 Aeróbic | | 9-10 Aeróbic | Sala Fitness |
| 10,15-11,15 Pilates Reformer | 10,30-11,30 Pilates RF 11-12 Jiu- Jitsu/DPP/D.Personal 12-13 Pilates Reformer | 10,15-11,15 Pilates Reformer | 10,30-11,30 Pilates RF 11-12 Jiu- Jitsu/DPP/D.Personal 12-13 Pilates Reformer | 10,05-11,05 Pilates Suelo | Pilates Reformer PERSONALIZADO Consultas NUTRICIÓN |
| 17-18 Aeróbic 17-18 Pilates Reformer | 16,30-17,30 Pilates Reformer | 17-18 Aeróbic 17-18 Pilates Reformer | 16,30-17,30 Pilates Reformer | 17-18 Aeróbic | |
| 18-19 Pilates Suelo 18,15-19,15 Pilates Reformer | 17,30-18,30 Pilates Reformer | 18,15-19,15 Pilates Reformer | 17,30-18,30 Pilates Reformer | Consultas NUTRICIÓN | |
| 19,20-20,20 Pilates Reformer | 18,30-19,30 Pilates Reformer | 19,20-20,20 Pilates Reformer | 18,30-19,30 Pilates Reformer | | |
| 20,30-21,30 Aeróbic | 19,30-20,30 Pilates Reformer | 20,30-21,30 Aeróbic | 19,30-20,30 Pilates Reformer | 20,30-21,30 Tonificación | |
| 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 Jiu-Jitsu/DPP/Def.Per | 21,30-22,30 Judo Adultos | 21,30-22,30 Jiu-Jitsu/DPP/Def.Per | 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