

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

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