

GIMNASIO MARBEL		HORARIO DE CLASES (Septiembre 2020)			
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9-10 Aerobic		9-10 Aerobic		9-10 Aerobic	Sala Fitness
10,15-11,15 Pilates Reformer	10,30-11,30 Pilates RF 11-12 Jiu-Jitsu/DPP/D.Personal	10,15-11,15 Pilates Reformer	10,30-11,30 Pilates RF 11-12 Jiu-Jitsu/DPP/D.Personal	10,15-11,15 Pilates Suelo	Pilates Reformer PERSONALIZADO Consultas NUTRICIÓN
17-18 Pilates Reformer	12-13 Pilates Reformer	17-18 Pilates Reformer	12-13 Pilates Reformer		
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 Aerobic	19,30-20,30 Pilates Reformer	20,30-21,30 Aerobic	19,30-20,30 Pilates Reformer	20,30-21,30 Pilates Suelo	
20,30-21,30 Pilates Reformer	20,30-21,30 Pilates Reformer	20,30-21,30 Pilates Reformer	20,30-21,30 Pilates Reformer	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: 7,30-13,30 horas/ 16,00-22,00 horas /// SÁBADOS: 10,00-14.00 horas