

| <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>                            |
| 8,50h. Pilates Suelo                                               | 10h<br><u>Jiu-Jitsu/DPP/D.Personal</u>                                                    | 8,50h. Pilates Suelo                                               | 10h<br><u>Jiu-Jitsu/DPP/D.Personal</u>                                                    | 8,50h. Pilates Suelo                     | Sala Fitness                             |
| 10,15h<br><b>Pilates Reformer</b>                                  | 10h <b>Pilates Reformer</b><br>11h <b>Pilates Reformer</b><br>12h <b>Pilates Reformer</b> | 10,15h<br><b>Pilates Reformer</b>                                  | 10h <b>Pilates Reformer</b><br>11h <b>Pilates Reformer</b><br>12h <b>Pilates Reformer</b> |                                          | <b>Pilates Reformer</b><br>PERSONALIZADO |
| 11,30h<br><b>Pilates Reformer</b>                                  |                                                                                           | 11,30h<br><b>Pilates Reformer</b>                                  |                                                                                           |                                          |                                          |
| 17,15h<br><b>Pilates Reformer</b>                                  | 16,45h <b>Judo Infantil</b>                                                               | 17,15h<br><b>Pilates Reformer</b>                                  | 16,45h <b>Judo Infantil</b>                                                               |                                          |                                          |
| 18h. <u>Jiu-Jitsu Inf-cad</u><br>18,30h<br><b>Pilates Reformer</b> | 17,30h <b>Pilates Reformer</b>                                                            | 18h. <u>Jiu-Jitsu Inf-cad</u><br>18,30h<br><b>Pilates Reformer</b> | 17,30h <b>Pilates Reformer</b>                                                            |                                          |                                          |
| 19 <b>Judo Cadetes M</b><br>19,30h <b>Pilates Reformer</b>         | 18h <b>Judo Infantil</b><br>18,30h <b>Pilates Reformer</b>                                | 19 <b>Judo Cadetes M</b><br>19,30h <b>Pilates Reformer</b>         | 18h <b>Judo Infantil</b><br>18,30h <b>Pilates Reformer</b>                                | <b>Pilates Reformer</b><br>PERSONALIZADO |                                          |
| 20,30h Pilates Suelo                                               | 19,15 <b>Judo Cadetes P</b><br>19,30 <b>Pilates Reformer</b>                              | 20,30h. Pilates Suelo                                              | 19,15 <b>Judo Cadetes P</b><br>19,30 <b>Pilates Reformer</b>                              |                                          |                                          |
| 20,30h <b>Pilates Reformer</b>                                     | 20,30h <b>Pilates Reformer</b>                                                            | 20,30h <b>Pilates Reformer</b>                                     | 20,30h <b>Pilates Reformer</b>                                                            |                                          |                                          |
| 21,30h<br><b>Judo Adultos</b>                                      | 20,30h.<br><u>Jiu-Jitsu/DPP/Def.Per</u>                                                   | 21,30h<br><b>Judo Adultos</b>                                      | 20,30h.<br><u>Jiu-Jitsu/DPP/Def.Per</u>                                                   | 21h<br><b>Judo Adultos</b>               |                                          |

**SALA DE FITNESS - LUNES A VIERNES: 7,30-13,30 horas/ 16,00-22,00 horas /// SÁBADOS: 10,00-14.00 horas**  
**RESERVA MEDIANTE APLICACIÓN MÓVIL GIMNASIO MARBEL (ANDROID & IPHONE)**