

GIMNASIO MARBEL		HORARIO DE CLASES DURANTE LA TEMPORADA (Septiembre a Junio)			
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9h. STEP	9,50h Jiu-Jitsu/DPP/D.Personal	9h <i>Aerobic</i>	9,50h Jiu-Jitsu/DPP/D.Personal	9h <i>Tonificación</i> <i>+Pilates Suelo</i>	Sala Fitness
10,15h Pilates Reformer	10h Pilates Reformer 11h Pilates Reformer 12h Pilates Reformer	10,15h Pilates Reformer	10h Pilates Reformer 11h Pilates Reformer 12h Pilates Reformer	10,15h Pilates Suelo	Pilates Reformer PERSONALIZADO
17h Pilates Reformer	16,45h Judo Infantil	17h Pilates Reformer	16,45h Judo Infantil		Consultas NUTRICIÓN
18 Pilates Suelo 18,15h Pilates Reformer	17,30h Pilates Reformer	18 Pilates Suelo 18,15h Pilates Reformer	17,30h Pilates Reformer	Consultas NUTRICIÓN	
19 Judo Cadetes M 19,20h Pilates Reformer	18h Judo Infantil 18,30h Pilates Reformer	19 Judo Cadetes M 19,20h Pilates Reformer	18h Judo Infantil 18,30h Pilates Reformer		
20,30h STEP	19,15 Judo Cadetes P 19,30 Pilates Reformer	20,30h. <i>Aerobic</i>	19,15 Judo Cadetes P 19,30 Pilates Reformer	20,30 <i>Tonificación</i> <i>+Pilates Suelo</i>	
20,30h Pilates Reformer	20,30h Pilates Reformer 20,30h Pilates Suelo	20,30h Pilates Reformer	20,30h Pilates Reformer 20,30h Pilates Suelo	Pilates Reformer PERSONALIZADO	
21,30h Judo Adultos	21,30h. Jiu-Jitsu/DPP/Def.Per	21,30h Judo Adultos	21,30h. Jiu-Jitsu/DPP/Def.Per	21,30h Judo Adultos	

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)