

GIMNASIO MARBEL		HORARIO DE CLASES (Septiembre 2024)			
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9h <i>Pilates Suelo</i>	9,50h <u>Jiu-Jitsu/DPP/D.Personal</u>	9h <i>Pilates Suelo</i>	9,50h <u>Jiu-Jitsu/DPP/D.Personal</u>	9h <i>Pilates Suelo</i> <i>+Tonificación</i>	Sala Fitness
10,15 Pilates Reformer	10h Pilates Reformer 11h Pilates Reformer 12h Pilates Reformer	10,15 Pilates Reformer	10h Pilates Reformer 11h Pilates Reformer 12h Pilates Reformer		Pilates Reformer PERSONALIZADO
17-18 Pilates Reformer		17-18 Pilates Reformer			
18,15 Pilates Reformer	17,30h Pilates Reformer	18,15 Pilates Reformer	17,30h Pilates Reformer		
19,20 Pilates Reformer	18,30h Pilates Reformer	19,20 Pilates Reformer	18,30h Pilates Reformer		
20,30 <i>Pilates Suelo</i>	19,30h Pilates Reformer	20,30 <i>Pilates Suelo</i>	19,30h Pilates Reformer		
20,30 Pilates Reformer	20,30h Pilates Reformer	20,30 Pilates Reformer	20,30h Pilates Reformer	Pilates Reformer PERSONALIZADO	
21,30 Judo Adultos	21,30h <u>Jiu-Jitsu/DPP/Def.Per</u>	21,30 Judo Adultos	21,30h <u>Jiu-Jitsu/DPP/Def.Per</u>	21,30 Judo Adultos	

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