

SCHEDULE - GROUP SESSIONS

HORAS / DÍAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:00 - 8:00	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES
8:00 - 9:00	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES
9:30 - 10:30	FUNCTIONAL + MACHINES CYCLING	FUNCTIONAL + MACHINES SELF-DEFENSE CARDIO BOX	FUNCTIONAL + MACHINES CYCLING	FUNCTIONAL + MACHINES SELF-DEFENSE CARDIO BOX	FUNCTIONAL + MACHINES CYCLING
9:30 - 11:00*	YOGA*				
10:30 - 11:30	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES YOGA
11:30 - 12:30		SELF-DEFENSE			
12:00 - 12:30				STRETCHING	
17:00 - 18:00	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES
18:00 - 19:00	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES LATIN DANCE	FUNCTIONAL + MACHINES SELF-DEFENSE	FUNCTIONAL + MACHINES LATIN DANCE	FUNCTIONAL + MACHINES
19:00 - 19:30*	STRETCHING				
19:00 - 20:00	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES CYCLING	FUNCTIONAL + MACHINES	FUNCTIONAL + MACHINES CYCLING
19:00 - 20:30*			YOGA*		YOGA*