

		l	m	x	j	v	s	d
06:10 - 07:00	AADD 2	HBX BOXING	TRX	G.A.C.				
07:10 - 08:00	AADD 2		HBX BOXING		KICK BOXING (€)			
07:15 - 08:00	AADD 2					TABATA		
08:10 - 09:00	AADD 2		MOBILITY	ESPALDA SANA		ESPAI ESTIRA		
09:30 - 10:20	AADD 2	ESPALDA SANA	HBX BOXING	PILATES	YOGA	ESPALDA SANA		
10:30 - 11:20	AADD 2	FOAM ROLLER	PILATES	ESPAI ESTIRA				HBX BOXING
13:45 - 14:30	AADD 2				TABATA			
14:00 - 14:45	AADD 2			HIIT				
15:10 - 16:00	AADD 2			HBX BOXING				
15:30 - 16:15	AADD 2	HIPOPRESSIVOS*						
16:00 - 16:30	AADD 2			ESPAI ESTIRA EXPRESS				
17:10 - 18:00	AADD 2	TRX			ESPAI ESTIRA			
18:10 - 19:00	AADD 2	HBX BOXING	MOBILITY		HBX BOXING	PILATES		
18:15 - 19:00	AADD 2			HIPOPRESSIVOS*				
19:10 - 20:00	AADD 2	ESPAI ESTIRA	HBX BOXING		PILATES			
19:15 - 20:00	AADD 2			HIIT				
20:00 - 20:30	AADD 2			GLUTEOS				
20:00 - 21:00	AADD 2				KICK BOXING (€)			
20:10 - 21:00	AADD 2	HBX BOXING	YOGA					
20:30 - 21:00	AADD 2			ABDOMINALES				
20:30 - 21:30	AADD 2					KICK BOXING (€)		