

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07.00 / 08.00	B.T. FUSION	TRAIN	B.T. FUSION	ENDURANCE	HIIT
08.00 / 09.00	ENDURANCE	B.T. FUSION	ENDURANCE	HIIT	TRAIN
09.30 / 10.30	MOBILITY BALANCE	HIIT	TRAIN	B.T. FUSION	ENDURANCE
10.30 / 11.30	HIIT	ENDURANCE	MOBILITY BALANCE	TRAIN	B.T. FUSION

14.30 / 15.30	ENDURANCE	TRAIN	HIIT	B.T. FUSION	TRAIN
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17.30 / 18.30	TRAIN	MOBILITY BALANCE	ENDURANCE	HIIT	B.T. FUSION
19.00 / 20.00	B.T. FUSION	HIIT	TRAIN	MOBILITY BALANCE	ENDURANCE
20.00 / 21.00	HIIT	ENDURANCE	B.T. FUSION	ENDURANCE	TRAIN
21.00 / 22.00	ENDURANCE	TRAIN	HIIT	B.T. FUSION	