

HORARIO GIMNASIO TRAINING TIME						
DÍA/HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9:00						CROSS TRAINING
9:15	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
10:00						CROSS TRAINING
9:30	YOGA		YOGA			
10:20	CROSS TRAINING		CROSS TRAINING		PILATES-CROSS	
10:25		PILATES		PILATES		
11:30		PILATES		PILATES		
16:40	CROSS TRAINING		CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
17:45	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	FULLBODY	CROSS TRAINING	
	PILATES		PILATES	PILATES		
18:15						
18:55	CROSS TRAINING	FULLBODY	CROSS TRAINING	CROSS TRAINING	PILATES-CROSS	
	PILATES	PILATES	PILATES	PILATES		
19:00					YOGA	
20:00	PILATES	YOGA	PILATES	YOGA	CROSS TRAINING +	
	PILATES-CROSS	CROSS TRAINING	PILATES-CROSS	CROSS TRAINING		
21:05	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		

TARIFAS		
SESIONES DE 55 MINUTOS		75 MINUTOS
CROSS TRAINING - PILATES - FULLBODY - PILATES CROSS		YOGA
1 SESIÓN/SEMANA	18€ / MES	20€ / MES
2 SESIONES / SEMANA	27€ / MES	30€ / MES
3 SESIONES / SEMANA	32€ / MES	-

TARIFA PLANA: 36€ (NO ENTRA YOGA)