

ROTACIÓN CLASES ENERO 1

LU 09.30	Dia 03	3D XTREME	Dia 10	BODY SHAPE
LU 20.30	Dia 03	SPIN INTERVAL	Dia 10	SPIN FUERZA
MA 09.30	Dia 04	GAP	Dia 11	STEP
MA 17.30	Dia 04	BODY SHAPE	Dia 11	CIRCUIT
MA 18.30	Dia 04	GAP	Dia 11	BODY SHAPE
MA 20.30	Dia 04	BODY SHAPE	Dia 11	CIRCUIT
MI 09.30	Dia 05	BODY SHAPE ^{Festivo}	Dia 12	CIRCUIT
MI 15.30	Dia 05	GAP ^{Festivo}	Dia 12	BODY SHAPE
MI 15.30	Dia 05	SPIN FUERZA ^{Festivo}	Dia 12	SPIN INTERVAL
MI 19.30	Dia 05	3D XTREME ^{Festivo}	Dia 12	FUNCTIONAL
MI 20.30	Dia 05	SPIN FUERZA ^{Festivo}	Dia 12	SPIN INTERVAL
JU 07.10	Dia 06	BODY SHAPE ^{Festivo}	Dia 13	3D XTREME
JU 15.30	Dia 06	BODY SHAPE ^{Festivo}	Dia 13	3D XTREME
JU 17.30	Dia 06	CIRCUIT ^{Festivo}	Dia 13	BODY SHAPE
VI 15.30	Dia 07	SPIN INTERVAL	Dia 14	SPIN FUERZA

ROTACIÓN CLASES ENERO₂

LU 09.30	Dia 17	3D XTREME	Dia 24	BODY SHAPE
LU 20.30	Dia 17	SPIN INTERVAL	Dia 24	SPIN FUERZA
MA 09.30	Dia 18	GAP	Dia 25	STEP
MA 17.30	Dia 18	BODY SHAPE	Dia 25	CIRCUIT
MA 18.30	Dia 18	GAP	Dia 25	BODY SHAPE
MA 20.30	Dia 18	BODY SHAPE	Dia 25	CIRCUIT
MI 09.30	Dia 19	BODY SHAPE	Dia 26	CIRCUIT
MI 15.30	Dia 19	GAP	Dia 26	BODY SHAPE
MI 15.30	Dia 19	SPIN FUERZA	Dia 26	SPIN INTERVAL
MI 19.30	Dia 19	3D XTREME	Dia 26	FUNCTIONAL
MI 20.30	Dia 19	SPIN FUERZA	Dia 26	SPIN INTERVAL
JU 07.10	Dia 20	BODY SHAPE	Dia 27	3D XTREME
JU 15.30	Dia 20	BODY SHAPE	Dia 27	3D XTREME
JU 17.30	Dia 20	CIRCUIT	Dia 27	BODY SHAPE
VI 15.30	Dia 21	SPIN INTERVAL	Dia 28	SPIN FUERZA