

CORPORE SANO 2026-2027

	Astelehena	Asteartea	Asteazkena	Osteguna	Ostirala
	Lunes	Martes	Miércoles	Jueves	Viernes
9:30-10:25	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity
10:30-11:25	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	
15:30-16:25	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity
16:30-17:25	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	
17:30-18:25	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	
18:30-19:25	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	
19:30-20:25	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	