

# SANSUEÑA

port club

# CLASES

	<b>L</b>	<b>M</b>	<b>X</b>	<b>J</b>	<b>V</b>	<b>SABADO Y DOMINGO</b>
<b>8:15</b>	<b>BESTRONG</b>	<b>V - FULL BODY</b>	<b>BESTRONG</b>	<b>V - FULL BODY</b>	<b>V - CYCLING</b>	
<b>9:30</b>	<b>TOTAL STRENGTH</b>	<b>PILATES</b>	<b>TOTAL STRENGTH</b>	<b>PILATES</b>	<b>V - FULL BODY</b>	
<b>10:00</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V-FULL BODY</b>
<b>11:00</b>	<b>V-PILATES CORE</b>	<b>V-FULL BODY</b>	<b>V- PILATES ESPALDA SANA</b>	<b>V-FULL BODY</b>	<b>V-PILATES CORE</b>	<b>V - CYCLING</b>
<b>12:00</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V- PILATES ESPALDA SANA</b>
<b>13:00</b>	<b>V-BOOTY BUILDER</b>	<b>V-CORE</b>	<b>V-BOOTY BUILDER</b>	<b>V-CORE</b>	<b>V-FULL BODY</b>	<b>V-CORE</b>
<b>17:30</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	<b>V - CYCLING</b>	
<b>18:00</b>	<b>V - FULL BODY</b>	<b>CARDIO BOX</b>	<b>V - FULL BODY</b>	<b>CARDIO BOX</b>	<b>V - FULL BODY</b>	
<b>18:30</b>	<b>V - PILATES</b>		<b>V - PILATES</b>		<b>V-BOOTY BUILDER</b>	
<b>19:00</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>V-PILATES CORE</b>	
<b>19:00</b>	<b>V - HIT CORE</b>	<b>V - PILATES</b>	<b>V - HIT CORE</b>	<b>V - PILATES</b>	<b>V - FULL BODY</b>	
<b>19:30</b>	<b>V - CYCLING</b>	<b>V - HIT CORE</b>	<b>V - FULL BODY</b>	<b>V - GLÚTEOS</b>	<b>V-STRENGHT</b>	
<b>20:00</b>	<b>PILATES</b>	<b>V - ESPALDA SANA</b>	<b>PILATES</b>	<b>V - HIT PIERNAS</b>	<b>CYCLING VIRTUAL</b>	
<b>20:30</b>	<b>V - CYCLING</b>	<b>V - HIT CORE</b>	<b>V - CYCLING</b>	<b>V - PILATES CORE</b>	<b>V - CYCLING</b>	