

| | | Monday Lunes | Tuesday Martes | Wednesday Miercoles | Thursday Jueves | | |
|-----------|-----------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------|----------------------------|-----------|-----------|
| 9 | 00 | Pads & Bags Fitness | Strength and Tone | Pads & Bags Fitness | Strength & Tone | 00 | 9 |
| | 30 | | | | | 30 | |
| | | | | | | 30 | |
| 18 | 00 | Kickboxing | | Kickboxing | | 00 | 18 |
| | 30 | | | | | 30 | |
| 19 | 00 | Pads & Bags Fitness | Kickboxing | Strength and Tone | Kickboxing | 00 | 19 |
| | 30 | | | | | 30 | |
| | | Private sessions and personal training available by appointment. Entrenamiento personal disponible con cita previa. | | | | | |