




































































































	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
7:30 - 8:30		 SPIN/WALK	 EFG	 SPIN/WALK		
9:00 - 9:30	 CORE30	 CORE30	 CORE30		 CORE30	
9:30 - 10:30	 DUMBBELLS  SPIN/WALK  AQUAFIT	 STEP  TRX  AQUAFIT	 DUMBBELLS  SPIN/WALK  AQUAFIT	 GAP  RECHARGE  AQUAFIT	 DUMBBELLS  SPIN/WALK  AQUAFIT	 SPIN/WALK 90
10:30 - 11:30	 ZUMBA  EFG  PILATES 3	 BODYJUMP  SPIN/WALK  RECHARGE	 ZUMBA  PILATES 3  EFG	 B.STEP  SPIN/WALK	 ZUMBA  PILATES 3  EFG	 DUMBBELLS 11 HORAS
11:30 - 12:30	 SPIN/WALK	 AQUAFIT	 SPIN/WALK	 CORE  AQUAFIT	 SPIN/WALK	
14:30 - 15:30	 SPIN/WALK	15:00  CORE	 SPIN/WALK	15:00  CORE		
15:30 - 16:30	 DUMBBELLS	 SPIN/WALK	 EFG	 SPIN/WALK		
16:30 - 17:30	 CORE30	17:00  CORE30	 SPIN/WALK	 CORE30		
17:30 - 18:30	 MANTENI.  SPIN/WALK	 BODYJUMP	 MANTENIMIENTO	 BODYJUMP	 CORE30	
18:30 - 19:30	 DUMBBELLS  ZUMBA 2	 PILATES  EFGMUD	 ZUMBA  SPIN/WALK	 DUMBBELLS  PILATES 3	 SPIN/WALK	
19:30 - 20:30	 SPIN/WALK  BODYJUMP	 B.STEP  SPIN/WALK	 DUMBBELLS  LATINO	 B.STEP  SPIN/WALK	 DUMBBELLS  AQUAFIT	
20:00 - 21:00	 AQUAFIT	 AQUAFIT	 AQUAFIT	 AQUAFIT	 AQUAFIT	
20:30 - 21:30	 RECHARGE  CORE30	 DUMBBELLS	 SPIN/WALK  RECHARGE	 FIGHTTEAM  B.SALON	 RECHARGE  B.SALÓN	
21:00 - 22:00	 SPIN/WALK	 EFG	 CORE30	 EFG		

Jerez
complejo deportivo *Sur*



CLASE ESTRELLA
La clase recomendada
para esa franja horaria.
Sala 1



CLASE ALTERNATIVA.
Una alternativa a
la clase estrella.
Sala 2 Y 3



CLASE XPRESS
Máximo rendimiento
en solo 30 minutos
Sala 3 Y 5



CLASE ACUÁTICA
Disfruta de nuestra
piscina terapéutica