
























# Simplygym

CONCEPT

HORAS/HOURS	LUNES / MONDAY	MARTES / TUESDAY	MIERCOLES/WEDNESDAY	JUEVES/THURSDAY	VIERNES/FRIDAY
9:30 a 10:15	 <b>GLUTEO ABDOMINAL PIERNAS</b>	 <b>CIRCUIT TRAINING</b>		 <b>CIRCUIT TRAINING</b>	 <b>GLUTEO ABDOMINAL PIERNAS</b>
10:15 a 11:00	 <b>CIRCUIT TRAINING</b>	 <b>CROSS — TRAINING —</b>		 <b>Simply BOXING</b>	 <b>CROSS — TRAINING —</b>
14:30 a 15:30	 <b>CROSS — TRAINING —</b>	 <b>GLUTEO ABDOMINAL PIERNAS</b>		 <b>CROSS — TRAINING —</b>	 <b>CIRCUIT TRAINING</b>
19:00 a 19:40	 <b>Simply PUMP</b>	 <b>Simply bike</b>	 <b>Simply PUMP</b>	 <b>CIRCUIT TRAINING</b>	
19:45 a 20:35	 <b>Simply bike</b>	<b>RUNNING</b> 	 <b>Simply bike</b>	 <b>Simply bike</b>	
20:40 a 21:30		 <b>Simply BOXING</b>	 <b>CROSS — TRAINING —</b>	 <b>GLUTEO ABDOMINAL PIERNAS</b>	