

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
26-1 AGOSTO	<u>PUMP WITH MUSIC</u> (40min)	<u>FULLBODY</u> (28 min)	<u>OH MY LEGS!</u> (18min)	<u>POWER CROSS</u> (28min)	<u>BODY KILLER</u> (8min)
	<u>PIERNA Y GLUTEO</u> <u>Embarazo y Posparto</u> (28min)		<u>PILATES Y YOGA</u> <u>Embarazo y Posparto</u> (28min)	<u>CARDIO BOX</u> 25 min	<u>PWR GLUTEO</u> (8min)
2-8 AGOSTO	<u>HOLIDAY WORKOUT</u> (28min)	<u>POWER GLUTEO</u> (28min)	<u>CORE XPRESS</u> (18min)	<u>XPRESS HIIT</u> (18min)	<u>POWER ABS</u> (10 min)
	<u>SUMMER ARMS</u> <u>Embarazo y Posparto</u> (28 min)	<u>HIPOPRESIVOS</u> (10 min)	<u>SUELO PELVICO Y MOVILIDAD</u> <u>Embarazo y Posparto</u> (28min)	<u>CARDIO BOX</u> 25 min	<u>LEGS ON FIRE!</u> (8min)
9-15 AGOSTO	<u>BODY SCULPT</u> (40min)	<u>FULLBODY</u> (28 min)	<u>OH MY LEGS!</u> (18min)	<u>POWER CROSS</u> (28min)	<u>BODY KILLER</u> (8min)
	<u>PIERNA Y GLUTEO</u> <u>Embarazo y Posparto</u> (28 min)	<u>HIPOPRESIVOS</u> (10 min)	<u>FITBALL PILATES</u> <u>Embarazo y Posparto</u> (28min)	<u>CARDIO BOX</u> 25 min	<u>PWR GLUTEO</u> (8min)
16-22 AGOSTO	<u>HOLIDAY WORKOUT</u> (28min)	<u>POWER GLUTEO</u> (28min)	<u>CORE XPRESS</u> (18min)	<u>XPRESS HIIT</u> (18min)	<u>POWER ABS</u> (10 min)
	<u>FULL BODY</u> <u>Embarazo y Posparto</u> (28 min)	<u>HIPOPRESIVOS</u> (10 min)	<u>SUELO PELVICO Y DOLOR ESPALDA</u> <u>Embarazo y Posparto</u> (28min)	<u>CARDIO BOX</u> 25 min	<u>LEGS ON FIRE!</u> (8min)
23 - 29 AGOSTO	<u>BODY SCULPT</u> (40min)	<u>FULLBODY</u> (28 min)	<u>OH MY LEGS!</u> (18min)	<u>POWER CROSS</u> (28min)	<u>BODY KILLER</u> (8min)
	<u>PIERNA Y GLUTEO</u> <u>Embarazo y Posparto</u> (28min)	<u>HIPOPRESIVOS</u> (10 min)	<u>PILATES Y YOGA</u> <u>Embarazo y Posparto</u> (28min)	<u>CARDIO BOX</u> 25 min	<u>PWR GLUTEO</u> (8min)