

| LUNES       | MARTES      | MIÉRCOLES   | JUEVES      | VIERNES     | SÁBADO  |        |            |           |         |  |  |  |  |
|-------------|-------------|-------------|-------------|-------------|---|--------|------------|-----------|---------|--|--|--|--|
| Fun HIIT    | Fun HIIT    | 15/15/15    | TRX         | Pilates     | X-Fit   |        |            |           |         |  |  |  |  |
| 19:00-19:45 | 19:00-19:45 | 19:00-19:45 | 19:00-19:45 | 18:30-19:15 |   |        |            |           |         |  |  |  |  |
| Boot Camp   | 15/15/15    | Pilates     | Body Xtreme | Fun HIIT    | 12:30-13:15   |        |            |           |         |  |  |  |  |
| 19:30-20:30 | 19:45-20:30 | 19:45-20:30 | 19:45-20:30 | 19:15-20:00 |   |        |            |           |         |  |  |  |  |
| Pilates     | Body Xtreme | Fun HIIT    | 15/15/15    | X-Fit       | <h1>BENEFITS<br/>STUDIO</h1> <table border="1"> <tr> <td>Cardio</td> <td>Ent. Func.</td> <td>Body-mind</td> <td>Express</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p>Horario de apertura<br/>L-V: 07:00 a 22:30<br/>S-F: 11:00 a 14:00</p> <p>C/ Marqués de Viana 67, 28039-Madrid<br/>&lt;M&gt; Tetuán</p> <p>www.benefitsbodymind.com<br/>tfno: 91 113 14 44</p> | Cardio | Ent. Func. | Body-mind | Express |  |  |  |  |
| Cardio      | Ent. Func.  | Body-mind   | Express     |             |   |        |            |           |         |  |  |  |  |
|             |             |             |             |             |   |        |            |           |         |  |  |  |  |
| 19:45-20:30 | 20:30-21:15 | 20:30-21:15 | 20:30-21:15 | 20:00-20:45 |   |        |            |           |         |  |  |  |  |
| TRX         | Yoga        | TRX         | Yoga        |             |   |        |            |           |         |  |  |  |  |
| 20:30-21:15 | 21:15-22:15 | 21:15-22:00 | 21:15-22:15 |             |   |        |            |           |         |  |  |  |  |
| Yoga        | X-Fit       |             | X-Fit       |             |   |        |            |           |         |  |  |  |  |
| 21:15-22:15 | 21:30-22:15 |             | 21:30-22:15 |             |   |        |            |           |         |  |  |  |  |
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