

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TONNING 09:30 - 10:30	TONNING 09:30 - 10:30	TONNING 09:30 - 10:30	TONNING 09:30 - 10:30	TONNING 09:30 - 10:30
PILATES 10:00 - 11:00	YOGA 10:00 - 11:30 PILATES 10:30 - 11:30	PILATES 10:00 - 11:00	PILATES 10:30 - 11:30	PILATES 10:00 - 11:00
MARTIAL ARTS 16:00 - 20:00	MARTIAL ARTS 16:00 - 20:00	MARTIAL ARTS 16:00 - 20:00	MARTIAL ARTS 16:00 - 20:00 DEVELOPMENT PSYCHOMOTOR 16:30 - 18:30	MARTIAL ARTS 16:00 - 20:00
ZUMBA 18:00 - 19:00		ZUMBA 18:00 - 19:00	ACTIVITY SCHEDULES  Raquetas de Mijas Centro Deportivo y de Ocio	
PILATES 19:30 - 20:30		PILATES 19:30 - 20:30		