

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