

LUNES

МДЯТЭС

МІЯКОЛЭС

JUEVES

VIERNES

|          |                 |
|----------|-----------------|
| 9.30 H1  | BODY FIT        |
| 10.15 H1 | ZUMBA           |
| 10.45 H1 | PILATES         |
| 11.30    |                 |
| 14.00    |                 |
| 14.30    |                 |
| 15.00    |                 |
| 15.30    |                 |
| 17.00    |                 |
| 17.30 H1 | BODY FIT        |
| 18.00    |                 |
| 18.15 H1 | GLOBAL TRAINING |
| 18.30 H1 |                 |
| 18.45    |                 |
| 19.00 H1 | CARDIOBOX       |
| 19.30 H1 | ZUMBA           |
| 19.30    |                 |
| 19.45    |                 |
| 20.00 H1 | PILATES         |
| 20.15    |                 |
| 20.30 H1 | FCT 45'         |
| 20.45    |                 |

|          |                 |
|----------|-----------------|
| 9.30     |                 |
| 10.00 H1 | CARDIOBOX       |
| 10.30 H1 | GAP             |
| 11.15 H1 | HIOPRESIVOS 15' |
| 14.00    |                 |
| 14.30    |                 |
| 15.00    |                 |
| 15.30    |                 |
| 17.00    |                 |
| 17.30 H1 | GAP             |
| 18.00    |                 |
| 18.15 H1 | PUMP19          |
| 18.30    |                 |
| 18.45    |                 |
| 19.00 H1 | ZUMBA           |
| 19.15    |                 |
| 19.30 H1 | HIOPRESIVOS 15' |
| 19.45 H1 | ESPALDA SANA    |
| 20.00    |                 |
| 20.15 H1 | TABATA          |
| 20.30    |                 |
| 20.45 H1 | ABD 15'         |

|          |               |
|----------|---------------|
| 9.30     |               |
| 10.00 H1 | ZUMBA         |
| 10.30 H1 | TABATA        |
| 11.00 H1 | PILATES       |
| 14.00    |               |
| 14.30    |               |
| 15.00    |               |
| 15.30    |               |
| 17.00    |               |
| 17.30 H1 | BODY FIT      |
| 18.00    |               |
| 18.15 H1 | TREN SUPERIOR |
| 18.30    |               |
| 18.45    |               |
| 19.00 H1 | STEP-ZUMBA    |
| 19.15    |               |
| 19.30 H1 | FCT           |
| 19.45    |               |
| 20.00 H1 | PILATES       |
| 20.15    |               |
| 20.30 H1 | GAP 45'       |
| 20.45    |               |

|          |                 |
|----------|-----------------|
| 9.30     |                 |
| 10.00 H1 | BODY FIT        |
| 10.45 H1 | STEP-ZUMBA      |
| 11.15 H1 | ABD 15'         |
| 14.00    |                 |
| 14.30    |                 |
| 15.00    |                 |
| 15.30    |                 |
| 17.00    |                 |
| 17.30 H1 | GAP             |
| 18.00    |                 |
| 18.15 H1 | TABATA          |
| 18.30    |                 |
| 18.45    |                 |
| 19.00 H1 | GLOBAL TRAINING |
| 19.15    |                 |
| 19.30    |                 |
| 19.45 H1 | ZUMBA           |
| 20.00    |                 |
| 20.15 H1 | PILATES         |
| 20.30    |                 |
| 20.45 H1 | ABD 15'         |

|          |                   |
|----------|-------------------|
| 9.30 H1  | ZUMBA             |
| 10.00 H1 | GAP               |
| 10.45 H1 | PILATES           |
| 11.30    |                   |
| 14.00    |                   |
| 14.30    |                   |
| 15.00    |                   |
| 15.30    |                   |
| 17.00    |                   |
| 17.30    |                   |
| 18.00 H1 | TREN SUPERIOR     |
| 18.15    |                   |
| 18.30    |                   |
| 18.45 H1 | GAP               |
| 19.00    |                   |
| 19.15    |                   |
| 19.30 H1 | ESPALDA SANA 45'' |
| 19.45    |                   |
| 20.00    |                   |
| 20.15    |                   |
| 20.30    |                   |
| 20.45    |                   |



CICLO VIRTUAL

DE LUNES A VIERNES: DE 7:30 A 21:30 / FINES DE SEMANA: DE 9:30 A 13:30  
 LAS CLASES DE CICLO VIRTUAL SON DE 1 HORA DE DURACIÓN.  
 SE REALIZAN EN HORARIO CONTINUADO.

INTENSIDAD BAJA  
 INTENSIDAD MEDIA  
 INTENSIDAD ALTA



HANGAR 1 H1  
 HANGAR 2 H2  
 HANGAR 3 H3  
 SALA CICLO SC