

LUNES

МДЯТЕС

МИЯКОLES

JUEVES

ВИЯИЕС

9.30 H2	
10.00 H1	ZUMBA
10.30 H1	PILATES
11.30	
14.00	
14.30	
15.00	
15.30	
17.00	
17.30	
18.00	
18.00	
18.30	
18.45	
19.00 H1	CARDIO BOX
19.00	
19.30 H1	GAP
20.00	
20.15	
20.00 H1	PILATES
20.30	
20.45	

9.30	
10.00 H1	CARDIO BOX
10.30 H1	TABATA
11.00	
14.00	
14.30	
15.00	
15.30	
17.00	
17.30	
18.00	
18.15	
18.30	
18.45	
19.00 H1	ZUMBA
19.00	
19.30 H1	TABATA
19.45	
20.00	
20.00 H1	ESTIRAMIENTOS
20.30	
20.45	

9.30	
10.00 H1	ZUMBA
10.30 H1	TREN SUPERIOR
11.00	
11.30	
14.30	
15.00	
15.30	
17.00	
17.30	
18.00	
18.15	
18.30	
18.45	
19.00 H1	TREN SUPERIOR
19.15	
19.30 H1	TRX+BOSU
19.45	
20.00	
20.00 H1	ESPALDA SANA
20.30	
20.45	

9.30	
10.00 H1	GAP
10.30 H1	PILATES
11.00	
14.00	
14.30	
15.00	
15.30	
17.00	
17.30	
18.00	
18.15	
18.30	
18.30	
19.00 H1	ZUMBA
19.00	
19.30 H1	BODY FIT
19.30	
20.00	
20.00 H1	FCT
20.30	
21.00	

9.30	
10.00 H1	ZUMBA
10.30 H1	BODY FIT
11.30	
14.00	
14.30	
15.00	
15.30	
17.00	
17.30	
18.00	
18.15	
18.30	
18.45	
19.00 H1	GAP
19.15	
19.30 H1	TREN SUPERIOR
19.45	
20.00	
20.00	
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