

# HORARIO 2024

HORA	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES			SÁBADO		DOMINGO	
	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 3	Sala 1	Sala 2	Sala 1	Sala 2
8:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL					
8:30	PUMP								BALANCE				GAP						
9:30	GAP	CYCLING		ZUMBA	CYCLING VIRTUAL		CIRCUITO FUNCIONAL	CYCLING		PUMP	CYCLING VIRTUAL		AC. FÍSICO	CYCLING					
10:00																	CYCLING VIRTUAL		
10:30			YOGA	MOBILITY FLOW			PUMP		ESPALDA SANA	ZUMBA					ESPALDA SANA				
11:00																			CYCLING VIRTUAL
12:00	ABS						TRX						ABS						CYCLING VIRTUAL
14:30	TRX			FUNCIONAL				CYCLING VIRTUAL		ABS				CYCLING VIRTUAL					
15:30					CYCLING VIRTUAL						CYCLING VIRTUAL								
16:30	AC. FÍSICO	CYCLING VIRTUAL		ABS			GAP						TONO EXPRES						
17:00																			
17:30	ZUMBA						CIRCUITO FUNCIONAL			TRX			PUMP						
17:45				TRX														SUSANA	ALBA
18:00						YOGA												LORENA	CARLOS
18:15		CYCLING						CYCLING		HIT								VICTOR	JESÚS
18:30	AC. FÍSICO			PUMP	CYCLING		ZUMBA		ESPALDA SANA		CYCLING	PILATES	ZUMBA	CYCLING VIRTUAL				REINALDO	
19:00																		SARA	OSCAR
19:30	CROSS FITNESS	CYCLING VIRTUAL	PILATES	COMBAT		ESPALDA SANA	PUMP		BALANCE	PUMP		ESPALDA SANA						TURNO	PILUCA
19:45													TRX					MONICA	JUAN CARLOS
20:00								CYCLING VIRTUAL										RONI	SILVIA
20:30	TONIFICACION			GAP	CYCLING VIRTUAL		AC. FÍSICO			FUNCIONAL	CYCLING VIRTUAL		ABDOMEN					SALA	ALEX

