

LUNES

MARTES

MIERCOLES

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	BODY PUMP			GAP			BODY BALANCE			FREE STYLE			PILATES							
9:30	ZUMBA	CYCLING	GAP	BODY PUMP	CYCLING	AC. FISICO	ZUMBA	CYCLING	TONIFICACIÓN	TONIFICACIÓN	CYCLING	PILATES	AC. FISICO	CYCLING	BODY BALANCE		CYCLING VIRTUAL		CYCLING VIRTUAL	
10:30	TRX (30')	CYCLING VIRTUAL	ESPALDA SANA	ISLAND SALSA	CYCLING VIRTUAL	PILATES	BODY PUMP	CYCLING VIRTUAL	ESPALDA SANA	ZUMBA	CYCLING VIRTUAL	YOGA	TRX (30')	CYCLING VIRTUAL	PILATES	ABDOMINAL		ABDOMINAL		
11:00																BODY PUMP		AC. FISICO		
11:30			YOGA			ESPALDA SANA			PILATES											
12:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING		CYCLING	
14:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING			CYCLING VIRTUAL			CYCLING						
14:30	CARDIO COMBAT			FUNCION. TRAINING			ABDOMINAL			BODY PUMP			ABDOMINAL							
15:30	ZUMBA	CYCLING VIRTUAL		A. C. FISICO	CYCLING VIRTUAL		TONIFICACIÓN	CYCLING VIRTUAL		STEP	CYCLING VIRTUAL	AC. FISICO	BODY PUMP	CYCLING VIRTUAL						
16:30	ABDOMINAL			ABDOMINAL			ABDOMINAL			ABDOMINAL			ABDOMINAL							
16:45		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL						
17:00	TRX (30')									TRX (30')										
17:30	ZUMBA			BODY PUMP			ZUMBA			BAILANDO		PILATES	ZUMBA			ABDOMINAL				
18:00		CYCLING	ABDOMINAL					CYCLING	YOGA		CYCLING			CYCLING VIRTUAL						
18:30	AC. FÍSICO		ESPALDA SANA	BAILANDO	CYCLING	PILATES	BODY PUMP			AC. FISICO		BODY BALANCE	BODY PUMP							
19:00																			YOGA	
19:30	CARDIO COMBAT	CYCLING	PILATES	STEP	CYCLING	ESPALDA SANA	GAP	CYCLING	BODY BALANCE	BODY PUMP	CYCLING	ESPALDA SANA	ZUMBA	CYCLING						
20:30	BODY PUMP	CYCLING	ABDOMINAL	ISLAND SALSA	CYCLING	YOGA	STEP	CYCLING VIRTUAL	AC. FISICO	ZUMBA	CYCLING	ABDOMINAL	TONO EXPRESS	CYCLING VIRTUAL						
21:30	ABDOMINAL			ABDOMINAL			ABDOMINAL			TONO EXPRESS			ABDOMINAL							



ACTIVIDADES

- AEROBICAS
- TONIFICACION
- CUERPO Y MENTE
- ABDOMINALES
- CYCLING
- CYCLING VIRTUAL

