

	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
7:30		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL					
8:30	BODY PUMP	CYCLING VIRTUAL		GAP	CYCLING VIRTUAL		BODY BALANCE	CYCLING VIRTUAL		FREE STYLE	CYCLING VIRTUAL		PILATES	CYCLING VIRTUAL					
9:30	ZUMBA	CYCLING	GAP	BODY PUMP	CYCLING	AC. FÍSICO	ZUMBA	CYCLING	TONIFICACIÓN	TONIFICACIÓN	CYCLING	PILATES	AC. FÍSICO	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. FÍSICO	
11:30			YOGA			ESPALDA SANA			PILATES										
12:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL					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. FÍSICO	CYCLING VIRTUAL	BODY BALANCE	TONIFICACIÓN	CYCLING VIRTUAL		STEP	CYCLING VIRTUAL	AC. FÍSICO	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		ABDOMINAL	BODY PUMP			ZUMBA		ABDOMINAL	BAILANDO		PILATES	ZUMBA		ABDOMINAL				
18:00		CYCLING						CYCLING	YOGA		CYCLING			CYCLING VIRTUAL					
18:30	AC. FÍSICO		ESPALDA SANA	BAILANDO	CYCLING	PILATES	BODY PUMP			AC. FÍSICO		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. FÍSICO	ZUMBA	CYCLING	ABDOMINAL	TONO EXPRESS	CYCLING VIRTUAL					
21:30	ABDOMINAL			ABDOMINAL			ABDOMINAL			TONO EXPRESS			ABDOMINAL						

**RUNNING**  
**LUNES 09:30**  
**VIERNES 19:00**

**ACTIVIDADES**

**AEROBICAS**

**TONIFICACION**

**CUERPO Y MENTE**

**ABDOMINALES**

**CYCLING**

**CYCLING VIRTUAL**

