

## 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				
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	CYCLING VIRTUAL	AC. FÍSICO	CYCLING VIRTUAL				
11:30			YOGA			ESPALDA SANA			PILATES				ABDOMINAL										
12:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL		TONO EXPRESS	CYCLING			CYCLING			
14:15		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING			CYCLING VIRTUAL			CYCLING		<p><b>ACTIVIDADES</b></p> <p><b>AEROBICAS</b></p> <p><b>TONIFICACION</b></p> <p><b>CUERPO Y MENTE</b></p> <p><b>ABDOMINALES</b></p> <p><b>CYCLING</b></p> <p><b>CYLING VIRTUAL</b></p>							
14:30	FREE STYLE			FUNCIO. 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	FREE STYLE		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										

