

HORARIO ACTIVIDADES DIRIGIDAS 2020

	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	BODY PUMP			GAP			BODY BALANCE			FREE STYLE			PILATES						
9:30	ZUMBA	CYCLING	GAP	BODY PUMP	CYCLING	AC FÍSICO	ZUMBA	CYCLING	TONIFICACIÓN	TONIFICACIÓN	CYCLING	PILATES	AC FÍSICO	CYCLING	ESPALDA SANA		CYCLING VIRTUAL		CYCLING VIRTUAL
10:30	TRX (30')	CYCLING VIRTUAL	ESPALDA SANA	FREE STYLE	CYCLING VIRTUAL	PILATES	BODY PUMP	CYCLING VIRTUAL	ESPALDA SANA	ZUMBA	CYCLING VIRTUAL	YOGA	TRX (30')	CYCLING VIRTUAL	BODY BALANCE				
11:00																BODY PUMP		STRONG BY ZUMBA	
11:30			YOGA			ESPALDA SANA			PILATES										
12:00		CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING		CYCLING
14:30	BOXING TRAINING			FUNCION TRAINING	CYCLING VIRTUAL		ABDOMEN	CYCLING		BODY TONO	CYCLING VIRTUAL		ABDOMEN	CYCLING					
15:30	ZUMBA			AC FÍSICO	CYCLING VIRTUAL		TONIFICACIÓN	CYCLING VIRTUAL			CYCLING VIRTUAL	PILATES	BODY PUMP	CYCLING VIRTUAL					
16:30	ABDOMEN			ABDOMEN			ABDOMEN			ABDOMEN			ABDOMEN						
16:45					CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL			CYCLING VIRTUAL					
17:00	TRX (30')									TRX (30')									
17:30	ZUMBA			BODY PUMP			ZUMBA			BAILANDO		BODY BALANCE	ZUMBA		ABDOMEN				
18:00		CYCLING						CYCLING	YOGA		CYCLING			CYCLING VIRTUAL					
18:30	AC FÍSICO		ESPALDA SANA	BAILANDO	CYCLING	PILATES	BODY PUMP			AC FÍSICO		PILATES	BODY PUMP						
19:00															YOGA				
19:30	ZUMBA	CYCLING	PILATES	STEP	CYCLING	ESPALDA SANA	HIT	CYCLING	BODY BALANCE	BODY PUMP	CYCLING	ESPALDA SANA	ZUMBA	CYCLING					
20:30	BOXING TRAINING	CYCLING	ABDOMEN	ISLAND SALSA	CYCLING	ESPALDA SANA	AC FÍSICO	CYCLING VIRTUAL	STEP	ZUMBA	CYCLING	ESPALDA SANA	TONO EXPRESS	CYCLING VIRTUAL					
21:30	ABDOMEN			ABDOMEN			ABDOMEN			TONO EXPRESS			ABDOMEN						



ACTIVIDADES

AEROBICAS

TONIFICACION

CUERPO Y MENTE

ABDOMINALES

CYCLING

CYCLING VIRTUAL

