

# HORARIO ACTIVIDADES 2021

|       | 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 3 | Sala 1  | Sala 2          | Sala 3 |  |
| 8:15  |           | CYCLING VIRTUAL |              |           | CYCLING VIRTUAL |              |              | CYCLING VIRTUAL |              |           | CYCLING VIRTUAL |         |           | CYCLING VIRTUAL |         |           |                 |        |         |                 |        |  |
| 8:30  | BODY PUMP |                 |              | GAP       |                 |              |              |                 | BODY BALANCE |           |                 |         |           |                 | PILATES |           |                 |        |         |                 |        |  |
| 9:30  |           | CYCLING         |              | ZUMBA     |                 |              |              | CYCLING         |              | BODY PUMP |                 |         | AC FÍSICO |                 |         |           | CYCLING VIRTUAL |        |         | CYCLING VIRTUAL |        |  |
| 9:45  |           |                 |              |           | CYCLING VIRTUAL |              |              |                 |              |           | CYCLING VIRTUAL |         |           |                 |         |           |                 |        |         |                 |        |  |
| 10:30 |           |                 | ESPALDA SANA |           |                 | PILATES      | BODY PUMP    |                 |              | ZUMBA     |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 10:45 |           |                 |              |           |                 |              |              |                 |              |           |                 |         |           |                 |         | BODY PUMP |                 |        |         |                 |        |  |
| 12:00 |           |                 |              |           |                 |              |              |                 |              |           |                 |         |           |                 |         |           | CYCLING         |        |         | CYCLING         |        |  |
| 14:30 |           | CYCLING VIRTUAL |              |           |                 |              |              | CYCLING VIRTUAL |              |           |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 15:30 |           |                 |              |           | CYCLING VIRTUAL |              |              |                 |              |           | CYCLING VIRTUAL |         |           |                 |         |           |                 |        |         |                 |        |  |
| 17:00 |           |                 |              |           |                 |              |              |                 |              |           |                 |         | BODY PUMP |                 |         |           |                 |        |         |                 |        |  |
| 17:15 | TRX (30') |                 |              | BODY PUMP |                 |              |              |                 |              | TRX (30') |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 17:55 |           |                 |              |           |                 |              |              |                 |              |           |                 |         | ZUMBA     | CYCLING         |         |           |                 |        |         |                 |        |  |
| 18:00 | AC FÍSICO |                 |              |           |                 |              | ZUMBA        |                 | YOGA         |           |                 | PILATES |           |                 |         |           |                 |        |         |                 |        |  |
| 18:15 |           | CYCLING         |              |           |                 |              |              | CYCLING         |              |           | CYCLING         |         |           |                 |         |           |                 |        |         |                 |        |  |
| 18:30 |           |                 |              |           | CYCLING         |              |              |                 |              |           |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 18:45 |           |                 |              | BAILANDO  |                 |              |              |                 |              |           |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 19:15 | ZUMBA     |                 | PILATES      |           |                 |              | TONIFICACIÓN |                 |              | BODY PUMP |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 19:30 |           | CYCLING         |              |           |                 | ESPALDA SANA |              | CYCLING         | BODY BALANCE |           |                 |         |           |                 |         |           |                 |        |         |                 |        |  |
| 19:45 |           |                 |              | STEP      | CYCLING VIRTUAL |              |              |                 |              |           | CYCLING VIRTUAL |         |           |                 |         |           |                 |        |         |                 |        |  |



## ACTIVIDADES

AERÓBICAS

TONIFICACION

ABDOMINALES

CUERPO Y MENTE

CYCLING

CYCLING VIRTUAL