

HORARIO ACTIVIDADES 2022

| | 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 | | | TONIFICACIÓN | | | | | BODY BALANCE | | | | | | BODY BALANCE | | | | |
| 9:30 | | CYCLING | | ZUMBA | | | CIRCUITO MÁQUINAS | CYCLING | | BODY PUMP | | | AC FÍSICO | CYCLING | | | CYCLING VIRTUAL | | CYCLING VIRTUAL |
| 10:00 | | | | | CYCLING VIRTUAL | | | | | | CYCLING VIRTUAL | | | | | | | | |
| 10:30 | ABDOMEN | | ESPALDA SANA | | | PILATES | BODY PUMP | | ESPALDA SANA | ZUMBA | | ABDOMEN | ABDOMEN | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | BODY PUMP | | | |
| 12:00 | TRX | | | | | | ABDOMEN | | | | | | TRX | | | | CYCLING | | CYCLING |
| 14:30 | | CYCLING VIRTUAL | | TRX | | | | CYCLING VIRTUAL | | ABDOMEN | | | TRX | | | | | | |
| 15:30 | BODY PUMP | | | FUNCIONAL TRAINNING | CYCLING VIRTUAL | | TONIFICACIÓN | | | | CYCLING VIRTUAL | | | CYCLING VIRTUAL | | | | | |
| 16:30 | ABDOMEN | | | ABDOMEN | | | | | | TRX | | | | | | | | | |
| 17:00 | BODY COMBAT | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | BODY PUMP | | | TRX | | | | | | BODY PUMP | | | | | | |
| 17:30 | | | | | | *YOGA | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | TONO EXPRESS | | | | | | | | | |
| 18:00 | AC FÍSICO | | | | | | ZUMBA | | | | | | | | | | | | AERÓBICAS 55' |
| 18:15 | | CYCLING | | | | | | CYCLING | ESPALDA SANA | | | PILATES | | CYCLING | | | | | TONIFICACION 55' |
| 18:30 | | | | | CYCLING | | | | | BODY COMBAT | CYCLING | | ZUMBA | | | | | | TONOEXPRESS 30' |
| 18:45 | | | | BAILANDO | | ABDOMEN | | | | | | | | | | | | | TRX 30' |
| 19:15 | LATIN DANCE | | PILATES | | | | BODY PUMP | | | | | | | | | | | | ABDOMINAL 15' |
| 19:30 | | CYCLING | | | | ESPALDA SANA | | CYCLING | BODY BALANCE | BODY PUMP | | ESPALDA SANA | | | | | | | CUERPO Y MENTE 55' |
| 19:45 | | | | STEP | | | | | | | | | TRX | | | | | | CYCLING 55' |
| 20:30 | TONIFICACION | | BODY BALANCE | | CYCLING VIRTUAL | | AC FÍSICO | | | | CYCLING VIRTUAL | | ABDOMEN | | | | | | CYCLING VIRTUAL 55' |

RESERVA EN UN CLICK



ACTIVIDADES

*Actividad incluida en la cuota VIP - Resto de cuotas suplemento mensual de 5 euros (Ajustado a los accesos que permite cada cuota).