

HORARIO ACTIVIDADES 2023

	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	PUMP			BAILE EN LINEA					BALANCE						BALANCE				
9:30	GAP	CYCLING		ZUMBA			CIRCUITO FUNCIONAL	CYCLING		PUMP			AC. FISICO	CYCLING				CYCLING VIRTUAL	
10:00					CYCLING VIRTUAL						CYCLING VIRTUAL								
10:30	TRX		YOGA			PILATES	PUMP		ESPALDA SANA	ZUMBA		ABS	TRX		ESPALDA SANA				
11:00																PUMP			CYCLING VIRTUAL
12:00	ABS						TRX						ABS				CYCLING	RESERVA EN UN CLICK	
14:30	TRX			FUNCIONAL				CYCLING VIRTUAL		PUMP				CYCLING					
15:30					CYCLING VIRTUAL	AC. FISICO				CYCLING VIRTUAL		PUMP							
16:30	AC. FISICO	CYCLING VIRTUAL		ABS			GAP			TRX			TONO EXPRESS						
17:15				PUMP						CROSS- TRAINING TERRAZA								ACTIVIDADES	
17:30	TRX												PUMP					AERÓBICAS 55´	
17:45							TRX			TONO EXPRESS								TONIFICACION 55´	
18:00						YOGA												TONOEXPRESS 30´	
18:15	AC. FISICO	CYCLING		CROSS- TRAINING TERRAZA														CROSS - TRAINING TERRAZA 55´	
18:30				BAILANDO	CYCLING		ZUMBA	CYCLING	ESPALDA SANA	BAILE LATINO	CYCLING	PILATES	ZUMBA	CYCLING				TRX 30´	
19:15	BAILE LATINO																	ABDOMINAL 15´	
19:30		CYCLING	PILATES	STEP		ESPALDA SANA	PUMP	CYCLING VIRTUAL	BALANCE	PUMP		ESPALDA SANA						CUERPO Y MENTE 55´	
19:45													TRX					CYCLING 55´	
20:30	TONIFICACIÓN		BALANCE		CYCLING		AC. FISICO				CYCLING		ABS					CYCLING VIRTUAL 55´	