

LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SÁBADO		DOMINGO	
SALA 1	SALA 2	SALA 6	AGUA	SALA 1	SALA 2	SALA 6	AGUA	SALA 1	SALA 2	SALA 6	AGUA	SALA 1	SALA 2	SALA 6	AGUA	SALA 1	SALA 2	SALA 6	AGUA	SALA 2	SALA 6	AGUA	
07:00																							07:00
07:30																							07:30
08:00	CROSS TRAINING				BODY FIT			PILATES					HIIT+CORE					BIKE 45					08:00
08:30																							08:30
09:00	ZUMBA SENIOR	STRECHING			STRECHING	ACTIVIDAD FÍSICA SERNIOR		GAP	STRECHING			ACTIVIDAD FÍSICA SENIOR	ZUMBA SENIOR			STRECHING	ACTIVIDAD FÍSICA SENIOR						09:00
09:30																							09:30
10:00	PILATES	GLOBAL TRAINING	BIKE 45		ZUMBA	PILATES	BIKE 45	PILATES	HIIT+CORE	BIKE 45		C-BOX	PILATES			BODY FIT	PILATES						10:00
10:30																							10:30
11:00	YOGA	GAP	BIKE 45		YOGA	BODY FIT		YOGA	ZUMBA			YOGA	BODY FIT	BIKE 45		YOGA	CROSS TRAINING	BIKE 45					11:00
11:30																							11:30
12:00		BODY FIT			YOGA																		12:00
12:30																							12:30
13:00																							13:00
13:30																							13:30
14:00																							14:00
14:30																							14:30
15:00	HIIT + CORE	BIKE 45			GLOBAL TRAINING	BIKE 45		GAP	CROSS TRAINING	BIKE 45			BODY FIT	BIKE 45				VIRTUAL BIKE					15:00
15:30																							15:30
16:00	PILATES				PILATES				PILATES				YOGA										16:00
16:30																							16:30
17:00	YOGUILATES	GAP			PILATES + ESTIRAMIENTOS	BODY FIT		PILATES + ESTIRAMIENTOS	BOSU + FITBALL			PILATES + ESTIRAMIENTOS	GLOBAL TRAINING				HIIT+CORE						17:00
17:30																							17:30
18:00	BOSU + FITBALL	C-BOX			TAICHI	GLOBAL TRAINING	BIKE 45	PILATES	GAP	BIKE 45		TAI HI	BODY FIT	BIKE 45		C-BOX	BODY FIT	BIKE 45					18:00
18:30																							18:30
19:00	PILATES	GLOBAL TRAINING	BIKE 45		PILATES	ZUMBA STRONG	BIKE 45	YOGUILATES	BODY FIT	BIKE 45		C-BOX	ZUMBA	BIKE 45		GAP	YOGA	BIKE 45					19:00
19:30																							19:30
20:00	BODY FIT	ZUMBA	BIKE 45		HIITBOX	GAP	BIKE 45	ESTILOS	GLOBAL TRAINING	BIKE 45		STEP & DANCE	CROSS TRAINING	BIKE 45									20:00
20:30																							20:30
21:00	GLOBAL TRAINING	YOGA			PILATES	BODY FIT			YOGA			PILATES + ESTIRAMIENTOS											21:00
21:30																							21:30
22:00	CORE 21:15 H				CORE 18:15 H			CORE 11:00 H				CLUB DE ENTRENAMIENTO 10:00 H		HITT 18:15 H		CORE + STREACHING 10:00 H						22:00	
SALA MUSCULACIÓN					CLUB DE ENTRENAMIENTO 11:00 H			HITT + CORE 21:00 H														★ SALA MUSCULACIÓN	