

### HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30					PILATES 45'		
08.00	EXPRESS WORKOUT 30'	GAP 30'	HIOPRESIVOS 30'	GAP 30'			
08.15							
08.30	CROSS TRAINING 45'	GROUP CYCLE 45'	GAP 45'	GROUP CYCLE 45'	GAP 45'		
09.30	PILOXING 45'	BODY PUMP 45'	PILATES 45'	POWERBARRE 45'	GROUP CYCLE 45'		
10.30	GROUP CYCLE 45'	POWERBARRE 45'		PILATES 45'	ENDURANCE 45'		
11.00	HIOPRESIVOS 30'	HYROX 45'	GROUP CYCLE 45'	CROSS TRAINING 45'	VINYASA YOGA 50'	BODY PUMP 45'	STRETCHING 45'
11.30	HATHA YOGA 50'	PILATES 45'	CORE 30'	ZUMBA 45'	CORE 30'	PILATES 45'	
12.00			ESPALDA SANA 45'		ESPALDA SANA 45'		
14.00							
15.00							
17.00			GAP 45'				
17.30	GROUP CYCLE 45'	BODY PUMP 45'	VINYASA YOGA 50'	PILATES 45'		PILATES 45'	
18.00		CIRCUIT BOX 50'	STRENGTH TRAIN 45'	CARDIO BOX 50'			
18.30	POWERBARRE 45'	CROSS TRAINING 45'		CORE 30'	GROUP CYCLE 45'	POWERBARRE 45'	
19.00		GROUP CYCLE 45'	STRETCHING 45'	TRX STRENGTH 45'			
19.30	STRETCHING 45'						
20.00							
21.00							
21.30							

■ NEW    
 ■ ZUMBA    
 ■ GROUP CYCLE    
 ■ CARDIOVASCULAR    
 ■ FUERZA    
 ■ GIMNASIAS SUAVES    
 ■ CLASES 30 MIN    
 ■ HIIT

