



SINGULAR
FITNESS PUERTO PORTALS

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'	EXPRESS WORKOUT 30'				
08.15							
08.30	BODY PUMP 45'	GROUP CYCLE 45'	CROSS TRAINING 45'	GROUP CYCLE 45'	BODY PUMP 45'		
09.30	ZUMBA 45'	PILOXING 45'	GROUP CYCLE 45'	BODY PUMP 45'	ZUMBA 45'	GROUP CYCLE 45'	
10.00							CROSS TRAINING 45'
10.30	GROUP CYCLE 45'	CROSS TRAINING 45'	BODY PUMP 45'	STRONG BY ZUMBA 30'	CROSS TRAINING 45'	GROUP CYCLE 45'	
					VINYASA YOGA 50'		STRETCHING
11.30	CROSS TRAINING 45'		SINGULAR TRX 30'			ZUMBA 45'	
	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'		
12.00			ESPALDA SANA 45'		ESPALDA SANA 45'		
12.30							
14.00	SINGULAR TRX 40'		EXPRESS WORKOUT 30'				
14.30							
16.30							
17.00		BODY PUMP 45'	VINYASA YOGA 50'	BODY PUMP 45'			
17.30	GROUP CYCLE 45'				PILATES 45'		
	PILATES 45'						
18.00		CIRCUIT BOX 50'	PILOXING 45'	CIRCUIT BOX 50'			
		CROSS TRAINING 45'		SINGULAR TRX 30'			
18.30	ZUMBA 45'		GROUP CYCLE 45'	SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'	GROUP CYCLE 45'			
		ESPALDA SANA 45'		VINYASA YOGA 50'			
19.15			19.15H CROSS TRAINING 45'				
19.30	BODY PUMP 45'						
20.00		SINGULAR TRX 40'					
21.00							
21.30							
22.00							

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10.00							CROSS TRAINING 45'
10.30	GROUP CYCLE 45'	CROSS TRAINING 45'	BODY PUMP 45'	STRONG BY ZUMBA 30'	CROSS TRAINING 45'	GROUP CYCLE 45'	
					VINYASA YOGA 50'		STRETCHING
11.30	CROSS TRAINING 45'		SINGULAR TRX 30'			ZUMBA 45'	
	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'		
12.00			ESPALDA SANA 45'		ESPALDA SANA 45'		
12.30							
14.00	SINGULAR TRX 40'		EXPRESS WORKOUT 30'				
14.30							
16.30							
17.00		BODY PUMP 45'	VINYASA YOGA 50'	BODY PUMP 45'			
17.30	GROUP CYCLE 45'				PILATES 45'		
	PILATES 45'						
18.00		CIRCUIT BOX 50'	PILOXING 45'	CIRCUIT BOX 50'			
		CROSS TRAINING 45'		SINGULAR TRX 30'			
18.30	ZUMBA 45'		GROUP CYCLE 45'	SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'	GROUP CYCLE 45'			
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11.30	CROSS TRAINING 45'		SINGULAR TRX 30'			ZUMBA 45'	
	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'		
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17.30	GROUP CYCLE 45'				PILATES 45'		
	PILATES 45'						
18.00		CIRCUIT BOX 50'	PILOXING 45'	CIRCUIT BOX 50'			
		CROSS TRAINING 45'		SINGULAR TRX 30'			
18.30	ZUMBA 45'		GROUP CYCLE 45'	SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'	PILATES 45'	GROUP CYCLE 45'			
		ESPALDA SANA 45'		VINYASA YOGA 50'			
19.15			19.15H CROSS TRAINING 45'				
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