

HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE							
HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30							
08.00	EXPRESS WORK 30'	GAP 30'	HIPOPRESIVOS 30'	CORE 30'	GAP 30'		
08.15							
08.30	FUNCIONAL 45'	TOTAL STRENGTH 45'	FUNCIONAL 45'	GROUP CYCLE 45'	TOTAL STRENGHT 45'		
09.30	PILOXING 45'	POWERBARRE 45'	PILATES FIT 45'	POWERBARRE 45'	BODYPUMP 45'		
						GROUP CYCLE 45'	TOTAL STRENGTH 45'
10.30	GROUP CYCLE 45'		ZUMBA 45'				
	PILATES 45'	GROUP CYCLE 45'	GROUP CYCLE 45'	HYBRID TRAINING 45'	VINYASA YOGA 50'	BODY PUMP 45'	BODY MOVE 45
11.00							
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			VINYASA YOGA 50'				
		BODY PUMP 45'	FUNCIONAL TRAIN.45'	POWER YOGA FLOW			
17.30	GROUP CYCLE 45'		BODY MOVE 30'		PILATES 45'		
	AEROYOGA 45'						
18.00		CORE 30'		CORE 30'			
		CIRCUIT BOX 50'					
18.30	CROSS TRAINING 45'		FUNCIONAL 30'	GROUP CYCLE 45'	GAP 45'		
	POWERBARRE 45'	GROUP CYCLE 45'		CIRCUIT BOX 45'			
19.00							
			HYBRID STUDIO 45'				
19.30	STRETCHING 45'						
20.00							
21.00							
21.30							
NEW	ZUMBA	GROUP CYCLE	CARDIOVASCULAR	FUERZA	GINNASIAS SUAVES	CLASES 30 MIN	HIIT