

**HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE**

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30							
08.00	EXPRESS WORKOUT 30'	CORE	HIOPRESIVOS	CORE	FUNCIONAL TRAIN.		
08.15							
08.30	BODY PUMP 45'	TOTAL STRENTGHT	TOTAL STRENTGHT	GROUP CYCLE 45'	GROUP CYCLE 45'		
09.00							TOTAL STRENTGHT
09.30	PILOXING 45'	GROUP CYCLE 45'	PILATES FIT45'	POWER BARRE	BODY PUMP 45'	GROUP CYCLE 45'	
							10:00 BODY MOVE '30
10.30	GROUP CYCLE 45'		ZUMBA		HYBRID TRAIN.	BODY PUMP 45'	
	HIPO + ABS	HYBRID TRAIN.	GROUP CYCLE 45'	HYBRID TRAIN.	VINYASA YOGA 50'		RUNNING
11.00							
11.30	HATHA YOGA 50'	PILATES	CORE	ZUMBA	CORE	ESPALDA SANA	
12.00			ESPALDA SANA		ESPALDA SANA		
12.30							
14.00							
15.00							
16.30							
17.00		BODY PUMP 45'	VINYASA YOGA 50'				
17.30	GROUP CYCLE 45'		BODY MOVE '30		PILATES		
	AEROYOGA 45'						
18.00	HYBRID TRAIN.	CIRCUIT BOX 50'		CARDIO BOX 50'			
		CORE		CORE			
18.30	POWER BARRE		FUNCIONAL TRAIN.	GROUP CYCLE 45'	GAP		
19.00	RUNNING	GROUP CYCLE 45'					
			HYBRID TRAIN.				
19.30							
20.00							
21.00							

