

### 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'	GAP 30'			
08.15							
08.30	CROSS TRAINING 45'	GROUP CYCLE 45'	BODY PUMP 45'	GROUP CYCLE 45'	BODY PUMP 45'		
09.30	GROUP CYCLE 45'	BODY PUMP 45'	PILATES 45'	BODY PUMP 45'	GROUP CYCLE 45'	GROUP CYCLE 45'	CROSS TRAINING 45'
10.00							
10.30	BODY PUMP 45'	GAP 45'	GROUP CYCLE 45'	CROSS TRAINING 45'	VINYASA YOGA 50'	BODY PUMP 45'	STRETCHING 40'
			11.00H ZUMBA 45'				
11.30	HATHA YOGA 50'	PILATES 45'	CORE 30'	PILATES 45'	CORE 30'	STRETCHING 40'	ZUMBA 45'
12.00			ESPALDA SANA 45'		ESPALDA SANA 45'		
12.30							
14.00	SINGULAR TRX 30'		EXPRESS WORKOUT 30'				
15.00							
16.30					CARDIO HIIT		
17.00		BODY PUMP 45'	VINYASA YOGA 50'	BODY PUMP 45'			
17.30	GROUP CYCLE 45'			SINGULAR TRX 30'	PILATES 45'		
	PILATES 45'		GAP 45'		CROSS TRAINING 45'		
18.00		CIRCUIT BOX 50'	18:15H PILOXING 45'	CIRCUIT BOX 50'			
		CROSS TRAINING 45'		CORE 30'			
18.30	ZUMBA 45'		GROUP CYCLE 45'	SINGULAR TRX 30'			
19.00		GROUP CYCLE 45'					
		ESPALDA SANA 45'	PILATES 45'	GROUP CYCLE 45'			
19.30	BODY PUMP 45'		19:15 CROSS TRAINING 45'				
20.00		SINGULAR TRX 40'					
21.00							
21.30							

RARIO DE APERTURA

ZUMBA

GROUP CYCLE

CARDIOVASCULAR

FUERZA

GIMNASIAS SUAVES

CLASES 30 MIN

CROSS TRAIN.

