

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30					PILATES 45'		
08.00	EXPRESS WORKOUT 30'	GAP 30'	HIPOPRESIVOS 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'		ZUMBA 45'		ENDURANCE 45'	GROUP CYCLE 45'	CROSS TRAINING 45'
11.00	HIPOPRESIVOS 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'		
12.30				AEROYOGA 45'			
14.00							
15.00							
16.30				POWER YOGA FLOW			
17.00		BODY PUMP 45'	VINYASA YOGA 50'				
17.30	GROUP CYCLE 45'				PILATES 45'		
18.00	AEROYOGA 45'	CIRCUIT BOX 50'	FUNCIONAL TRAIN.45'	CARDIO BOX 50'			
18.30	CROSS TRAINING 45'			CORE 30'			
19.00	POWERBARRE 45'	CALISTENIA 45'		GROUP CYCLE 45'	GAP 45'		
19.30	STRETCHING 45'	GROUP CYCLE 45'	ROLLER RELAX 45'				
20.00							
21.00							

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

