

HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30							
08.00	GAP	CORE	HIPOPRESIVOS	CORE	GAP		
08.15							
08.30	FUNCIONAL TRAIN.	TOTAL STRENTGHT	FUNCIONAL TRAIN.	TOTAL STRENTGHT	FUNCIONAL TRAIN.		
09.00							
09.30	PILOXING 45'	POWER BARRE	PILATES FIT45'	POWER BARRE	BODY PUMP 45'	GROUP CYCLE 45'	TOTAL STRENTGHT
		GROUP CYCLE (v) 45'		GROUP CYCLE (v) 45'			
10.30	GROUP CYCLE 45'		ZUMBA		VINYASA YOGA 50'	BODY PUMP 45'	STRETCHING
	PILATES		GROUP CYCLE (v) 45'	HYBRID TRAIN.			
11.00							
11.30	HATHA YOGA 50'	PILATES	CORE	ZUMBA	CORE	PILATES	
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'				PILATES		
18.00	FUNCIONAL TRAIN.						
		CORE		CORE			
18.30	POWER BARRE	CIRCUIT BOX 50'	FUNCIONAL TRAIN.	GROUP CYCLE 45'	GAP		
				CIRCUIT BOX 50'			
19.00		GROUP CYCLE 45'					
			HYBRID TRAIN.				
19.30							
20.00							
21.00							