

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15		Pilates Virtual S3		Fit Time Virtual S3			
		Cycle Virtual S4		Cycle Virtual S4			
8:15	Body Pump (45') S2	Pilates Mat (45') S3	Cycle Time S4	Espalda Sana (45') S3	Elements (45') S3		
	Cycle Virtual S4	Omnia SF	Omnia SF	Omnia SF			
		Aqua Zumba Pisc					
9:00	CORE (15') S2		CORE (15') S2				
9:15	Aqua Time Pisc		Aqua Time Pisc		Aqua Time Pisc		
9:30	Espalda Sana (45') S3	Body Pump S2	Omnia SF	Grit Series (30') S3	Circuit 2.0 S3	Cycle Virtual S4	Fit Time Virtual S3
	Fit Time S2	Cycle Time S4					
	Omnia SF		Pilates Mat S3	Cycle Time S4	Cycle Time S4		Espalda Sana S3
10:00				Elements (30') S3			
10:15						CORE (15') SF	CORE (15') SF
10:30		CORE (15') S2		CORE (15') S2	CORE (15') S2		
	Elements (30') S3	Zumba S3	Body Pump S2	Body Combat (45') S3	Pilates Mat S3	Fit Time Virtual S3	Cycle Virtual S4
11:00	ESTIRA (15')						
11:30	Cycle Virtual S4	Pilates Virtual S3	ESTIRA (15')	Omnia SF	ESTIRA (15')	Pilates Virtual S3	Pilates Virtual S3
		Circuit 2.0 S2	Cycle Virtual S4		Cycle Virtual S4		
					Fit Time Virtual S3	ESTIRA (15')	ESTIRA (15')
11:45							
12:00		CORE (15') SF		CORE (15') SF		Omnia SF	Omnia SF
13:15	CORE (15') SF		CORE (15') SF	CORE (15') SF	CORE (15') SF		
13:30	Grit Series (30') S2	Omnia SF	Body Pump (30') S2	Elements (30') S3	Elements (30') S3		
14:00	Omnia SF	GAP (30') S3	Cycle Time S4	Pilates (30') S3	Grit Series (30') S3		
	Cycle Virtual S4				Cycle Virtual S4		
14:30	Fit Time Virtual S3	Pilates Virtual S3	Yoga Virtual S3	GAP Virtual S3	Step Virtual S3		
		ESTIRA (15')		ESTIRA (15')	Omnia SF		
14:45							
15:00						CORE (15') SF	
15:30	Gluteos 2.0 (30') S2	Circuit 2.0 S3	Elements (30') S3	Body Pump S2	Pilates Mat S3		

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
16:00				Cycle Virtual S4		
16:10	Body Pump (30') S2		Espalda Sana (30') S3			
16:30		CORE (15') S3		CORE (15') S3		
16:50	Elements (30') S3		GAP (30') S3			
17:30	Omnia SF	Omnia SF	Omnia SF	Omnia SF	Omnia SF	
17:35	Gluteos 2.0 (30') S3	Elements (30') S3	Zumba (30') S3	Espalda Sana (30') S3	Body Pump (30') S2	
18:00	CORE (15') S2	CORE (15') S2	CORE (15') S2	CORE (15') S2	CORE (15') S3	Omnia SF
	CORE (15') SF	Gluteos 2.0 (30') S2	CORE (15') SF	Body Pump S2	CORE (15') SF	
	Body Pump S2	Pilates Mat S3	Body Combat S2	Circuit 2.0 S3	Elements (30') S3	
18:15	Cycle Time S4		Espalda Sana S3		Cycle Time S4	
	Zumba S3				Zumba (45') S2	
18:30		Omnia SF		Omnia SF		
18:45		Grit Series (30') S2			Body Combat (30') S3	
19:15	Body Combat S2	Fit Time S3	Body Pump S2	Grit Series (30') S3	CROSS-TIME	
	Pilates Mat S3	Circuit 2.0 S2	Zumba S3	Pilates Mat S2		
		Cycle Time S4	Cycle Time S4	Cycle Time S4		
		Running Time (out)				
19:30	Omnia SF	Omnia SF	Omnia SF	Omnia SF	Omnia SF	
19:45	Aqua Zumba Pisc		Aqua Time Pisc	Aqua Time Pisc		
				Elements (30') S3		
20:15	Grit Series (30') S2	Espalda sana (45') S3	Elements (45') S3	Body Pump (45') S2	Stretching (45') S2	
	Omnia SF	Omnia SF	Omnia SF	Omnia SF	Omnia SF	
20:30						
21:15	ESTIRA Virtual (15')	ESTIRA Virtual (15')	ESTIRA Virtual (15')	ESTIRA Virtual (15')	ESTIRA Virtual (15')	

NOMENCLATURAS		S1	SALA 1	S2	SALA 2	S3	SALA 3
S4	SALA 4	Pisc.	PISCINA 25m.	SF	SALA FITNESS	OUT	OUTDOOR

HORARIO CLASES DIRIGIDAS A PARTIR DE 01/07/2019 **SPORT TIME**

