

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	Omnia SF	Aqua Zumba PISC	Body Pump (45') S2	Elements (45') S3	CXworx(30') S3		
	Espalda Sana (45') S3	Omnia SF		Cycle Virtual S4	Omnia SF		
		Cycle Time S4					
08:45				Espalda Sana (30') S3			
9:15	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S3		
	Aqua Time PISC		Aqua Time PISC		Aqua Time PISC		
9:30	Body Pump S2	Grit Series (30') S2	Cycle Time S4	Pilates Mat S3	Cycle Time S4	Cycle Virtual S4	Fit Time Virtual S3
	Cycle Time S4	Espalda Sana (45') S3	Omnia SF	Circuit 2.0 S2	Elements (45') S3	Fit Time Virtual S3	Cycle Virtual S4
10:00		CXworx(30') S2					
10:15						Core (15') SF	Core (15') SF
10:30	Circuit 2.0 S2	Zumba S3	Pilates Mat S3	Body Combat (45') S2	Body Pump S2	Fit Time Virtual S3	Cycle Virtual S4
						Cycle Virtual S4	Fit Time Virtual S3
11:00							
11:30	Cycle Virtual S4	Pilates Virtual S3	Cycle Virtual S4	Omnia SF	Cycle Virtual S4	Pilates Virtual S3	Pilates Virtual S3
	Estira Virtual(15') SF	Omnia SF	Estira Virtual (15') SF	Yoga Virtual S3	Estira Virtual(15') SF	Estira Virtual(15') SF	Estira Virtual(15') SF
12:00						Omnia SF	Omnia SF
13:15	Core(15') SF		Core(15') SF	Core(15') SF	Core (15') SF		
13:30	Grit Series (30') S2	CXworx(30') S2	Body Pump (30') S2	Elements (30') S3	Grit Series (30') S2		
14:00	Espalda Sana (30') S2	Omnia SF	Cycle Time S4	Pilates (30') S3	Omnia SF		
	Cycle Virtual S4				Cycle Virtual S4		
14:30	Fit Time Virtual S3	Pilates Virtual S3	Yoga Virtual S3	Gap Virtual S3	Step Virtual S3		
15:30	CXworx(30') S2	Circuit 2.0 S3	Cycle Time S4	Body Pump S2	Pilates Mat S3		

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
16:00		Cycle Virtual S4		Cycle Virtual S4		
				Aqua Time PISC		
16:10	Body Pump (30') S2		Espalda Sana (30') S3			
16:30		Core (15') S3		Core (15') S2		
16:50	Elements (30') S3	Espalda Sana (30') S3	CXworx(30') S3			
	Zumba (30') S2					
17:30	Omnia SF		Omnia SF			
17:35	Gluteos 2.0 (30') S2	Elements (30') S3	Zumba (30') S3	Espalda Sana (30') S3	CXworx(30') S2	
18:00	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S3	Omnia SF
18:15	Core(15') SF	CXworx(30') S3	Core (15') SF	Circuit 2.0 S2	Core (15') SF	
	Body Pump S2	Grit Series (30') S2	Body Combat S2	Pilates Mat S3	Elements (30') S3	
	Zumba S3		Elements (45') S3		Cycle Time S4	
	Cycle Time S4				Zumba (45') S2	
18:30		Omnia SF		Omnia SF		
18:45		Espalda Sana (30') S3			Body Combat (30') S3	
		Gluteos 2.0 (30') S2				
19:15	Body Combat S2	Pilates Mat S3		CXworx(30') S3	X-Time	
	Elements (45') S3	Circuit 2.0 S2	Body Pump S2	Grit Series (30') S2		
	Cycle Time S4	Cycle Time S4	Zumba S3	Running Time OUT		
	Running Time OUT		Cycle Time S4	Cycle Time S4		
19:30	Omnia SF		Omnia SF		Omnia SF	
19:45	Aqua Zumba PISC		Aqua Time PISC	Gluteos 2.0 (30') S2	Aqua Time PISC	
20:15	Grit Series (30') S2	CXworx(30') S2	Espalda Sana (45') S3	Body Pump (45') S2	Yoga Virtual S3	
20:30		Omnia SF		Omnia SF		
21:15	Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF	

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 30/09/2019

