

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO		
7:15		BodyBalance Virtual S3		Body Pump Virtual S3				16:00		Cycle Virtual S4		Cycle Virtual S4				
		Cycle Virtual S4		Cycle Virtual S4								Aqua Time PISC				
8:15	Omnia SF	Omnia SF	Body Pump (45') S2	Elements (45') S3	Omnia SF			16:10	Body Pump (30') S2		Espalda Sana (30') S3					
	Espalda Sana (45') S3	Aqua Zumba PISC		Cycle Virtual S4	Espalda Sana (30') S3			16:30		Core (15') S2		Core (15') S3				
		Cycle Time S4			CXworx(30') S3			16:50	Elements (30') S3	Espalda Sana (30') S3	CXworx(30') S3					
9:15	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S3			17:30	Zumba (30') S2							
	Aqua Time PISC		Aqua Time PISC		Aqua Time PISC			17:35	Omnia SF		Omnia SF			Body Pump Virtual S3		
	Cycle Time S4	Grit Series (30') S2	Cycle Time S4	Pilates Mat S3	Cycle Time S4	Cycle Virtual S4	Cycle Virtual S4	18:00	Gluteos 2.0 (30') S2	Elements (30') S3	Zumba (30') S3	Espalda Sana (30') S3	CXworx(30') S2			
9:30	Body Pump S2	Espalda Sana (45') S3	Omnia SF	Circuit 2.0 S2	Elements (45') S3	Body Pump Virtual S3	Body Combat Virtual S3	18:15	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S2	Core (15') S3	Omnia SF		
									Core(15') SF	CXworx(30') S3	Core (15') SF	Circuit 2.0 S2	Core (15') SF			
10:00		CXworx(30') S2						18:30	Body Pump S2	Grit Series (30') S2	Body Combat S2	Pilates Mat S3	Elements (30') S3			
10:15						Core (15') SF	Core (15') SF	18:45	Cycle Time S4		Elements (45') S3		Cycle Time S4			
10:30	Circuit 2.0 S2	Zumba S3	Pilates Mat S3	Body Combat (45') S3	Body Pump S2	Cycle Virtual S4	Cycle Virtual S4	19:15	Zumba S3				Zumba (45') S2			
						Body Combat Virtual S3	Body Pump Virtual S3	19:30		Omnia SF		Omnia SF		Body Combat Virtual S3		
11:00								19:45		Espalda Sana (30') S3			Body Combat (30') S3			
11:30	Cycle Virtual S4	Body Combat Virtual S3	Cycle Virtual S4	BodyBalance Virtual S3	Cycle Virtual S4	BodyBalance Virtual S3	BodyBalance Virtual S3	20:00	Body Combat S2	Pilates Mat S3		CXworx(30') S3				
	BodyBalance Virtual S3		Body Pump Virtual S3		Body Combat Virtual S3	Estira Virtual(15') SF	Estira Virtual(15') SF	20:15	Elements (45') S3	Circuit 2.0 S2	Body Pump S2	Grit Series (30') S2				
			Estira Virtual(15') SF		Estira Virtual(15') SF			20:30	Cycle Time S4	Cycle Time S4	Cycle Time S4	Cycle Time S4				
12:00						Omnia SF	Omnia SF	20:45	Running Time OUT		Zumba S3	Running Time OUT				
13:15	Core(15') SF		Core(15') SF	Core(15') SF	Core (15') SF			21:15	Omnia SF		Omnia SF		Omnia SF	BodyBalance Virtual (30') S3		
13:30	Grit Series (30') S2	CXworx(30') S2	Body Pump (30') S2	Elements (30') S3	Grit Series (30') S2	Body Pump Virtual S3		19:30	Aqua Zumba PISC		Aqua Time PISC	Gluteos 2.0 (30') S2	Aqua Time PISC			
								19:45				Espalda Sana (30') S3				
14:00	Espalda Sana (30') S2	Omnia SF	Cycle Time S4	Pilates (30') S3	Omnia SF			20:15				Body Pump Virtual(45') S3	BodyBalance Virtual S3			
	Cycle Virtual S4				Cycle Virtual S4			20:30	Grit Series (30') S2	CXworx(30') S2	Espalda Sana (45') S3					
14:30	Body Combat Virtual S3	BodyBalance Virtual S3	BodyBalance Virtual S3	Body Pump Virtual S3	Body Combat Virtual S3	Body Combat Virtual S3		20:45								
								21:15	BodyBalance Virtual (30') S3	BodyBalance Virtual (30') S3						
15:30	CXworx(30') S2	Body Pump S2	Cycle Time S4	Circuit 2.0 S3	Pilates Mat S3	BodyBalance Virtual S3			Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF	Estira Virtual (15') SF			
												BodyBalance Virtual (30') S3				
									NOMENCLATURAS		S1	SALA 1	S2	SALA 2	S3	SALA 3
									S4	SALA 4	PISC	PISCINA 25M	SF	SALA FITNESS	OUT	OUTDOOR

HORARIO DE CLASES DIRIGIDAS A PARTIR DEL 20/01/2020

