

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:15		Elements S3		Gluteos 2.0 (30') S3	Espalda Sana S3		
8:30	Funcional Time S2		Body Pump S2				
9:00					Cycle Time S4		
9:15		Omnia		Omnia			
9:30	Body Pump S2	Grit Series (30') S2	CXworx(30') S2	Funcional Time S2		Cycle Virtual S4	
9:45	Aqua Zumba PISC		Aqua Time PISC		Aqua Time PISC		
10:00							
10:15	Omnia	Omnia	Omnia	Omnia	Omnia		
10:30	Gluteos 2.0 (30') S2	CXworx(30') S2			Body Pump S2	Cycle Virtual S4	
10:45		Aqua Time PISC				BodyBalance Virtual S3	
11:15	Omnia	Elements (30') S3	Omnia		Omnia		
11:30	Cycle Virtual S4		Cycle Virtual S4		Cycle Virtual S4		
12:00							
13:00							
13:30	Grit Series (30') S2	CXworx(30') S2	Body Pump (30') S2	Core&Stretch (30') S2			
14:00	Cycle Virtual S4		Cycle Virtual S4		Cycle Virtual S4		
14:15	Pilates Mat (30') S3	Omnia	Core&Stretch (30') S3	Gluteos 2.0 (30') S3			
15:00	Body Combat Virtual (30') S3		Body Combat Virtual (30') S3				
15:15					Pilates Mat S3		
15:30	CXworx(30') S2	Funcional Time S2	Gluteos 2.0 (30') S2	Funcional Time S3			

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
16:15	Omnia	Espalda Sana (30') S3	Omnia	Core&Stretch (30') S3	Omnia	
16:30	Cycle Virtual S4	Cycle Virtual S4	Cycle Virtual S4	Cycle Virtual S4	Cycle Virtual S4	
17:15		Elements (30') S3			Espalda Sana (30') S3	
17:30	CXworx(30') S2	CXworx(30') S2		Grit Series (30') S2		
18:00						
18:15	Elements S3	Pilates Mat S3	Zumba S3	Funcional Time OUT		
18:30	Body Pump S2	Gluteos 2.0 (30') S2	Body Combat OUT	CXworx(30') S2	Body Combat (30') OUT	
19:00	Cycle Time S4	Cycle Time S4	Cycle Time S4	Cycle Time S4	Cycle Time S4	
19:15	Zumba S3	Funcional Time OUT	Grit Series (30') OUT	Pilates Mat S3		
19:30	Body Combat OUT	Body Pump S2	Body Pump S2	Gluteos 2.0 (30') S2		
19:45	Aqua Time PISC		Aqua Time PISC			
20:15	Grit Series (30') OUT	CXworx(30') S3	Elements (30') S3			
20:30		Core&Stretch (30') S2				

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 03/07/2020

