

INIC.	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:15	Piscina	Aqua Running 30'		Aqua Tono 30'		Aqua Circuit 30'
	Sala 1		Tono 50'		Body Pump 50'	
7:30	Cycling	UP Cycling 45'	JP Cycling 45' VIRTUA	UP Cycling 45'	JP Cycling 45' VIRTUA	UP Cycling 45'
8:00	Walking		Walking 30'		Walking 30'	
9:00	Sala 1		GAP 50'		BALLET Fitness 50'	
9:30	Sala 1	Core Pilates 50'		Tono 50'		Core Pilates 50'
	Cycling		UP Cycling 45'		UP Cycling 45'	
10:00	Sala 1		YOGA Meditación 55'		YOGA Meditación 55'	
10:30	Sala 1	YOGA Vinyasa FLOW 55'		Zumba 50'		
	Cycling	UP Cycling 45'		UP Cycling 45'		UP Cycling 45'
	Piscina	Aqua Tono 30'		Aqua Tono 30'		
	Walking		Walk & Core 50'		Walking 30'	
11:30	Sala 1		Hipopresivos 30'	Core Pilates 50'	Hipopresivos 30'	
	Piscina		Aqua Circuit 30'		Aqua Running 30'	Aqua Tono 30'
14:15	Sala 1	BALLET Fitness 50'		YOGA Vinyasa FLOW 55'		Zumba 50'
	Sala Fitness			360° FIT		
14:20	Cycling	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'
14:30	Sala 1		Body Pump 50'		Body Pump 50'	
	Piscina	Aqua Running 30'		Aqua Tono 30'		Aqua Circuit 30'
15:30	Sala 1		BOXING Fitness 50'		BOXING Fitness 50'	YOGA Vinyasa FLOW 55'
	Cycling	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA
	Walking		Walking 30'		Walking 30'	
17:00	Sala 1					BOXING Fitness 50'
	Walking	Walking 30'		Walking 30'		Walk & Core 50'
	Sala Fitness		360° FIT		360° FIT	
17:30	Sala 1	CROSS UP 50'	YOGA Meditación 55'	Body Pump 50'		
	Cycling	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA	JP Cycling 45' VIRTUA
18:00	Piscina					Aqua Running 30'
18:30	Sala 1	YOGA Vinyasa FLOW 55'	Tono 50'	YOGA Vinyasa FLOW 55'	Tono 50'	YOGA Meditación 55'
	Cycling	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'
	Piscina				Aqua Tono 30'	
19:00	Piscina		Aqua Tono 30'			
	Walking	Walking 30'	Walking 30'	Walking 30'	Walking 30'	Walking 30'
	Sala 2				Hipopresivos 30'	
19:30	Sala 1	Zumba 50'	GAP 50'	Zumba 50'	BALLET Fitness 50'	CROSS UP 50'
	Cycling	JP Cycling 45' VIRTUA	UP Cycling 45'	JP Cycling 45' VIRTUA	UP Cycling 45'	UP Cycling 45'
	Piscina	Aqua Running 30'		Aqua Circuit 30'	Aqua Tono 30'	Aqua Tono 30'
	Sala 2		Hipopresivos 30'			
20:30	Sala 1		BOXING Fitness 50'			
	Cycling	UP Cycling 45'	JP Cycling 45' VIRTUA	UP Cycling 45'	JP Cycling 45' VIRTUA	
	Piscina	Aqua Tono 30'	Aqua Running 30'	Aqua Tono 30'	Aqua Circuit 30'	

INIC.	SALA	SABADO	DOMINGO
10:00	Walking	Walking 30'	Walking 30'
11:00	Sala 1	Tono 50'	
	Cycling		UP Cycling 45'
11:30	Piscina		Aqua Tono 30'
12:00	Sala 1		Tono 50'
	Cycling	UP Cycling 45'	
	Piscina	Aqua Tono 30'	
17:30	Cycling	UP Cycling 45' VIRTUA	UP Cycling 45' VIRTUA
18:30	Walking	Walking 30'	Walking 30'
19:00	Sala 2	Abdominales 15'	Abdominales 15'
19:30	Cycling	UP Cycling 45' VIRTUA	UP Cycling 45' VIRTUA
	Piscina	Aqua Tono 30'	Aqua Tono 30'

Horario de Clases AGOSTO 2018

