

INIC.	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:15	Sala 1		Tono 25'	Stretch 25'		Body Pump 50'
	Piscina	Aqua Running 30'		Aqua Tono 30'		Aqua Circuit 30'
7:30	Cycling	UP Cycling 45'	UP Cycling 45' VIRTUAL	UP Cycling 45'	UP Cycling 45' VIRTUAL	UP Cycling 45'
9:00	Sala 1	Hipopresivos 30'	GAP 50'	Hipopresivos 30'	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 85'		YOGA Meditación 85'	
10:30	Sala 1			Zumba 50'		
	Cycling	UP Cycling 45' VIRTUAL		UP Cycling 45' VIRTUAL		UP Cycling 45' VIRTUAL
	Piscina	Aqua Tono 30'		Aqua Tono 30'		
	Walking		Core & Walk 50'			
11:30	Sala 1		Hipopresivos 30'	Core Pilates 50'		
	Piscina		Aqua Circuit 30'		Aqua Running 30'	Aqua Tono 30'
12:00	Sala 1	Tono 50'				
14:00	Sala 1		Abdominales 30'		Gliding HIT 30'	
14:15	Sala 1	BALLET FITNESS 50'		YOGA Vinyasa FLOW 55'		Zumba 50'
	Sala 2		Hipopresivos 30'		Hipopresivos 30'	
	Sala Fitness	360° FIT 30'		360° FIT 30'		
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		UP Cycling 45' VIRTUAL		UP Cycling 45' VIRTUAL	
16:30	Sala Fitness		360° FIT 30'		360° FIT 30'	
17:00	Walking	Walking 30'				Walk & Core 50'
17:30	Sala 1	CROSS UP 50'	YOGA Meditación 55'	Body Pump 50'		
	Cycling	UP Cycling 45' VIRTUAL	UP Cycling 45' VIRTUAL	UP Cycling 45' VIRTUAL	UP Cycling 45' VIRTUAL	UP Cycling 45' VIRTUAL
18:00	Piscina					Aqua Running 30'
18:30	Sala 1	YOGA Vinyasa FLOW 55'		YOGA Vinyasa FLOW 55'	Tono 50'	YOGA Meditación 55'
	Cycling	UP Cycling 45'	UP Cycling 45' VIRTUAL	UP Cycling 45'	UP Cycling 45' VIRTUAL	UP Cycling 45'
	Piscina				Aqua Tono 30'	
19:00	Walking		Walking 30'	Walking 30'		Walking 30'
	Piscina		Aqua Tono 30'			
	Sala 2		Hipopresivos 30'			
19:30	Sala 1	Zumba 50'	Core Pilates 50'	BALLET FITNESS 50'	Zumba 50'	CROSS UP 50'
	Cycling	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'	UP Cycling 45'
	Piscina	Aqua Running 30'		Aqua Circuit 30'	Aqua Tono 30'	Aqua Tono 30'
	Sala 2		Gliding HIT 30'		Gliding HIT 30'	
20:00	Walking		Walking 30'		Walking 30'	
20:30	Sala 1	BOXING Fitness 50'	Body Pump 50'	GAP 50'		
	Cycling	UP Cycling 45' VIRTUAL	UP Cycling 45'	UP Cycling 45' VIRTUAL	UP Cycling 45'	
	Piscina	Aqua Tono 30'	Aqua Running 30'	Aqua Tono 30'	Aqua Circuit 30'	
	Sala 2			Hipopresivos 30'		

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

Horario de Clases

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