

Los horarios de actividades están sujetos a posibles modificaciones

| Inicio | Final | Sala                 | Lunes                 | Martes                               | Miércoles             | Jueves               | Viernes              | Sábado           | Domingo         |
|--------|-------|----------------------|-----------------------|--------------------------------------|-----------------------|----------------------|----------------------|------------------|-----------------|
| 07:15  | 08:00 | 1                    |                       | BODY PUMP_                           |                       | BODY PUMP_           |                      |                  |                 |
| 07:15  | 08:00 | CYCLING              | Cycling               | Cycling Virtual                      | Cycling               | Cycling Virtual      | Cycling              |                  |                 |
| 08:00  | 08:15 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          |                  |                 |
| 08:00  | 08:55 | 2                    | Tonificación          | GAP                                  | Tonificación          | Aerobic              | Tonificación         |                  |                 |
| 08:15  | 08:30 | FITNESS              | MIO-STRETCH           |                                      | MIO-STRETCH           |                      | MIO-STRETCH          |                  |                 |
| 08:15  | 09:00 | CROSS-HIIT           |                       |                                      |                       | HBX BOXING           |                      |                  |                 |
| 08:15  | 09:00 | CYCLING              | Cycling Virtual       | Cycling Virtual                      | Cycling Virtual       | Cycling Virtual      | Cycling Virtual      |                  |                 |
| 08:15  | 09:10 | 1                    | Fitness Condition     | Pilates Stretch                      | Fitness Condition     | Pilates Stretch      | Fitness Condition    |                  |                 |
| 09:00  | 09:15 | FITNESS              |                       | Abdominales                          |                       | Abdominales          |                      |                  |                 |
| 09:00  | 09:50 | 2                    |                       |                                      |                       |                      | STRETCHING_          |                  |                 |
| 09:00  | 09:55 | 2                    | GAP                   | Tonificación                         | FITNESS CONDITION_    | Tonificación         |                      |                  |                 |
| 09:05  | 09:50 | CYCLING              |                       |                                      |                       |                      |                      |                  | Cycling Virtual |
| 09:15  | 10:00 | CROSS-MET            |                       | CROSS-MET 45                         |                       | CROSS-MET 45         |                      |                  |                 |
| 09:15  | 10:00 | PISCINA              | Aqua-Gym              |                                      | Aqua-Gym              |                      | Aqua-Gym             |                  |                 |
| 09:15  | 10:00 | CYCLING              | Cycling               | Cycling Virtual                      | Cycling               | Cycling Virtual      | Cycling              | Cycling Virtual  |                 |
| 09:15  | 10:10 | 1                    | TONIFICACIÓN_         | Fitness Condition                    | GAP_                  | Fitness Condition    | GAP_                 |                  |                 |
| 09:15  | 10:10 | 2                    |                       |                                      |                       |                      |                      | YOGA_            |                 |
| 09:30  | 10:00 | CROSS-MET            | CROSS-MET 30          |                                      | CROSS-MET 30          |                      | CROSS-MET 30         |                  |                 |
| 10:00  | 10:15 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          |                  |                 |
| 10:00  | 10:45 | CYCLING              |                       |                                      |                       |                      |                      |                  | Cycling         |
| 10:00  | 10:55 | 1                    |                       |                                      |                       |                      |                      | BODY PUMP_       |                 |
| 10:00  | 10:55 | 2                    | FITNESS CONDITION_    | Tonificación                         | Tonificación          | Tonificación         |                      |                  | Tonificación    |
| 10:15  | 10:30 | FITNESS              | MIO-STRETCH           |                                      | MIO-STRETCH           |                      | MIO-STRETCH          |                  |                 |
| 10:15  | 11:00 | CROSS-HIIT           | CROSS-HIIT UPPER BODY | HBX BOXING                           | CROSS-HIIT LOWER BODY |                      | CROSS-HIIT FULL BODY |                  |                 |
| 10:15  | 11:00 | CYCLING              |                       | Cycling                              | Cycling Virtual       | Cycling              | Cycling Virtual      |                  |                 |
| 10:15  | 11:10 | 1                    | STRETCHING            | Aerostyle                            | Body Combat           | Aerostyle            | Fitness Condition    |                  |                 |
| 10:15  | 11:10 | IRADIER              | Espalda Sana          | STRETCHING_                          | Espalda Sana          | STRETCHING_          | Espalda Sana         |                  |                 |
| 11:00  | 11:15 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          | Abdominales      | Abdominales     |
| 11:00  | 11:55 | 2                    | YOGA_                 | Tonificación                         | YOGA_                 | Tonificación         | YOGA_                | Tonificación     |                 |
| 11:15  | 11:30 | FITNESS              | MIO-STRETCH           | MIO-STRETCH                          | MIO-STRETCH           | MIO-STRETCH          | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 11:15  | 12:00 | PISCINA              | Aqua-Gym              |                                      | Aqua-Gym              |                      | Aqua-Gym             |                  |                 |
| 11:15  | 12:00 | CYCLING              |                       |                                      |                       |                      |                      | Cycling          | Cycling         |
| 11:15  | 12:10 | 1                    | TONIFICACIÓN_         | TOTAL BARRA_                         | Fitness Condition     | TOTAL BARRA_         | TONIFICACIÓN_        |                  | Zumba           |
| 11:15  | 12:10 | IRADIER              |                       | PILATES-STRETCH_                     | PILATES-STRETCH_      | PILATES-STRETCH_     |                      |                  |                 |
| 12:00  | 12:15 | FITNESS              |                       |                                      |                       |                      |                      | Abdominales      | Abdominales     |
| 12:00  | 12:55 | 1                    |                       |                                      |                       |                      |                      | Zumba            |                 |
| 12:00  | 12:55 | 2                    |                       | ZUMBA_                               |                       | ZUMBA_               | DANZA CONTEMPORÁNEO_ |                  |                 |
| 12:15  | 12:30 | FITNESS              |                       |                                      |                       |                      |                      | MIO-STRETCH      | MIO-STRETCH     |
| 12:15  | 12:45 | 2                    | HIPOPRESIVOS          |                                      | HIPOPRESIVOS          |                      |                      |                  |                 |
| 12:15  | 13:00 | PISCINA              |                       | Aqua-Gym                             |                       | Aqua-Gym             |                      | Aqua-Gym         | Aqua-Gym        |
| 12:15  | 13:05 | 2                    |                       |                                      |                       |                      |                      |                  | Body Pump       |
| 12:15  | 13:10 | 1                    | STRETCHING            | SEVILLANAS_                          | ESPALDA SANA_         | STRETCHING           | ESPALDA SANA_        |                  |                 |
| 12:15  | 13:10 | IRADIER              |                       | Espalda Sana                         |                       | Espalda Sana         |                      |                  |                 |
| 13:00  | 13:55 | 2                    | Tonificación          | GAP                                  | Tonificación          |                      |                      |                  |                 |
| 13:15  | 14:00 | CROSS-HIIT           | HBX BOXING            |                                      | HBX BOXING            |                      |                      |                  |                 |
| 13:15  | 14:00 | CYCLING              | Cycling Virtual       | Cycling Virtual                      | Cycling Virtual       | Cycling Virtual      | Cycling Virtual      | Cycling Virtual  | Cycling Virtual |
| 13:15  | 14:10 | 1                    | Zumba                 | SEVILLANAS_                          | Zumba                 |                      | TONIFICACIÓN_        |                  | PILATES/YOGA    |
| 13:15  | 14:10 | 2                    |                       |                                      |                       |                      |                      | PILATES-STRETCH_ |                 |
| 13:15  | 14:10 | IRADIER              |                       |                                      |                       | Sevillanas           |                      |                  |                 |
| 13:30  | 13:45 | FITNESS              |                       | Abdominales                          |                       | Abdominales          |                      |                  |                 |
| 13:45  | 14:00 | FITNESS              |                       | MIO-STRETCH                          |                       | MIO-STRETCH          |                      |                  |                 |
| 14:00  | 14:30 | CROSS-MET            |                       |                                      |                       |                      |                      | CROSS-MET 30     | CROSS-MET 30    |
| 14:00  | 14:55 | 2                    | GAP                   | YOGA_                                | GAP                   | YOGA_                | Body Pump            |                  |                 |
| 14:15  | 15:00 | CROSS-MET            |                       | CROSS-MET 45                         |                       | CROSS-MET 45         |                      |                  |                 |
| 14:15  | 15:00 | CYCLING              | Cycling               | Cycling                              | Cycling               | Cycling              | Cycling              |                  |                 |
| 14:15  | 15:10 | 1                    | Suspension Training   | TONIFICACIÓN_                        | Suspension Training   | GAP_                 | Zumba                |                  |                 |
| 14:15  | 15:10 | IRADIER              | STRETCHING_           | Flamenco                             | STRETCHING_           | Flamenco             |                      |                  |                 |
| 14:30  | 15:00 | CROSS-MET            | CROSS-MET 30          |                                      | CROSS-MET 30          |                      | CROSS-MET 30         |                  |                 |
| 15:00  | 15:15 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          | Abdominales      | Abdominales     |
| 15:00  | 15:55 | 2                    | GAP                   |                                      | Tonificación          |                      |                      |                  |                 |
| 15:15  | 15:30 | FITNESS              | MIO-STRETCH           | MIO-STRETCH                          | MIO-STRETCH           | MIO-STRETCH          | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 15:15  | 16:10 | 1                    |                       | GAP_                                 |                       |                      |                      |                  |                 |
| 15:15  | 16:15 | 1                    | Danza contemporánea   |                                      |                       |                      |                      |                  |                 |
| 16:15  | 17:10 | 1                    | SEVILLANAS_           |                                      |                       |                      |                      |                  |                 |
| 17:00  | 17:55 | 2                    | Tonificación          | YOGA_                                |                       | YOGA_                | YOGA_                |                  |                 |
| 17:15  | 18:10 | 1                    |                       | GAP_                                 | TONIFICACIÓN_         | GAP_                 | TONIFICACIÓN_        |                  |                 |
| 17:15  | 18:10 | IRADIER              |                       |                                      | PILATES-STRETCH_      |                      |                      |                  |                 |
| 17:30  | 18:00 | CROSS-MET            | CROSS-MET 30          | CROSS-MET 30                         | CROSS-MET 30          | CROSS-MET 30         | CROSS-MET 30         | CROSS-MET 30     | CROSS-MET 30    |
| 18:00  | 18:45 | PISTA PADEL 2        |                       |                                      |                       | PADEL CONDITION      |                      |                  |                 |
| 18:00  | 18:45 | CYCLING              | Cycling Virtual       | Cycling Virtual                      | Cycling Virtual       | Cycling Virtual      | Cycling Virtual      | Cycling Virtual  | Cycling         |
| 18:00  | 18:55 | 2                    | ZUMBA_                | DANZA CONTEMPORÁNEO_                 | ZUMBA_                | Body Combat          |                      |                  |                 |
| 18:15  | 19:10 | 1                    | TONIFICACIÓN_         | TOTAL BARRA_                         | TONIFICACIÓN_         | Pilates Stretch      | DANZA-JAZZ           |                  |                 |
| 18:15  | 19:10 | IRADIER              | Espalda Sana          | PILATES-STRETCH_                     | Espalda Sana          | TOTAL BARRA          |                      |                  |                 |
| 18:30  | 19:15 | PISCINA              | Aqua-Gym              | Aqua-Gym                             |                       | Aqua-Gym             |                      |                  |                 |
| 18:45  | 19:00 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          | Abdominales      | Abdominales     |
| 19:00  | 19:15 | FITNESS              | MIO-STRETCH           | MIO-STRETCH                          | MIO-STRETCH           | MIO-STRETCH          | MIO-STRETCH          | MIO-STRETCH      | MIO-STRETCH     |
| 19:00  | 19:45 | CROSS-HIIT           | CROSS-HIIT LOWER BODY |                                      | CROSS-HIIT UPPER BODY |                      |                      |                  |                 |
| 19:00  | 19:45 | CROSS-MET            |                       | CROSS-MET 45                         |                       | CROSS-MET 45         |                      |                  |                 |
| 19:00  | 19:45 | CYCLING              | Cycling               | Cycling                              | Cycling               | Cycling              | Cycling              | Cycling Virtual  | Cycling Virtual |
| 19:00  | 19:55 | 2                    | Tonificación          | GAP                                  | Tonificación          | Body Pump            |                      |                  |                 |
| 19:00  | 20:00 | METROPOLITAN IRADIER |                       | CHARLA DE NUTRICIÓN SET UP YOUR BODY |                       |                      |                      |                  |                 |
| 19:15  | 20:10 | 1                    | DANZA-JAZZ            | Zumba                                | DANZA-JAZZ            | MASTER SALSA&BACHATA |                      |                  |                 |
| 19:15  | 20:10 | IRADIER              |                       | Sevillanas                           |                       |                      |                      |                  |                 |
| 19:15  | 20:15 | 1                    |                       |                                      |                       |                      | STRETCHING           |                  |                 |
| 19:45  | 20:00 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           | Abdominales          | Abdominales          |                  |                 |
| 20:00  | 20:45 | CROSS-MET            | CROSS-MET 45          |                                      | CROSS-MET 45          |                      |                      |                  |                 |
| 20:00  | 20:45 | PISTA PADEL 1        |                       | PADEL CONDITION                      |                       |                      |                      |                  |                 |
| 20:00  | 20:45 | CYCLING              | Cycling               |                                      | Cycling               | Cycling              |                      |                  |                 |
| 20:00  | 20:55 | OUTDOOR              |                       | Running Club                         |                       |                      |                      |                  |                 |
| 20:00  | 20:55 | 2                    | Body Pump             | Body Pump                            |                       |                      |                      |                  |                 |
| 20:00  | 21:00 | 2                    |                       |                                      | YOGA-                 |                      |                      |                  |                 |
| 20:15  | 21:00 | CROSS-HIIT           |                       | HBX BOXING                           |                       | HBX BOXING           |                      |                  |                 |
| 20:15  | 21:10 | 1                    | STRETCHING            | Pilates Stretch                      | Zumba                 | GAP_                 |                      |                  |                 |
| 20:15  | 21:10 | IRADIER              |                       |                                      |                       | Sevillanas           |                      |                  |                 |
| 20:45  | 21:00 | FITNESS              | Abdominales           | Abdominales                          | Abdominales           |                      | Abdominales          |                  |                 |
| 21:00  | 21:15 | FITNESS              | MIO-STRETCH           | MIO-STRETCH                          | MIO-STRETCH           | MIO-STRETCH          | MIO-STRETCH          |                  |                 |