

Los horarios de actividades están sujetos a posibles modificaciones

Inicio	Final	Sala	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:00	07:30	CROSS-MET	CROSS- MET 30'		CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
07:30	08:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit	Test Biocircuit	Test Biocircuit		
07:30	08:15	1				BODY-PUMP			
07:30	08:15	CYCLING	Cycling		Cycling		Cycling		
08:15	08:30	CROSS-MET	Abdominales		Abdominales		Abdominales		
08:15	09:00	CYCLING				Cycling			
08:15	09:10	3			Yoga				
08:15	09:15	1			Fitness Condition				
08:15	09:15	3	Pilates Stretch						
08:30	08:45	CROSS-MET	STRETCHING		STRETCHING		STRETCHING		
09:00	09:15	CROSS-MET				Abdominales			
09:00	09:55	3						Espalda Sana	Pilates Stretch
09:15	09:30	CROSS-MET				STRETCHING			
09:30	10:00	BIOCIRCUIT	Test Biocircuit		Test Biocircuit		Test Biocircuit		
09:30	10:00	CROSS-MET						CROSS- MET 30'	CROSS- MET 30'
09:30	10:25	3				Yoga			
10:00	10:30	BIOCIRCUIT				Test Biocircuit			
10:00	10:30	CROSS-MET	CROSS- MET 30'		CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
10:00	10:45	PISCINA	Aqua-Gym		Aqua-Gym	Aqua-Gym	Aqua-Gym		
10:00	10:45	CYCLING		Cycling				Cycling	Cycling
10:30	11:15	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
10:30	11:25	1				Fitness Condition			
10:30	11:25	3	Yoga		Pilates Stretch				
10:45	11:00	CROSS-MET						Abdominales	Abdominales
11:00	11:15	CROSS-MET		STRETCHING				STRETCHING	STRETCHING
11:00	11:45	1		Fitness Condition				BODY-PUMP	Fitness Condition
11:30	12:00	BIOCIRCUIT	Test Biocircuit						
11:30	12:25	3	Espalda Sana		Espalda Sana	Espalda Sana	Pilates Stretch		
11:45	12:00	CROSS-MET						Abdominales	Abdominales
12:00	12:15	CROSS-MET		STRETCHING				STRETCHING	STRETCHING
12:00	12:30	BIOCIRCUIT			Test Biocircuit	Test Biocircuit	Test Biocircuit		
12:00	12:30	CROSS-MET	CROSS- MET 30'		CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
12:00	12:45	PISCINA	Aqua-Gym		Aqua-Gym				
12:00	12:45	CYCLING							Cycling
12:30	13:25	1	Zumba		Fitness Condition	Zumba	Fitness Condition		
13:30	13:45	CROSS-MET	Suspension Training		Suspension Training	GAP EXPRESS	Suspension Training		
13:30	14:15	1	Fitness Condition			BODY-PUMP			
13:30	14:15	3			Pilates Stretch				
13:30	14:15	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual			
14:00	14:30	BIOCIRCUIT			Test Biocircuit		Test Biocircuit		
14:30	15:00	BIOCIRCUIT	Test Biocircuit			Test Biocircuit			
14:30	15:15	1	BODY-PUMP		Fitness Condition	CROSS-MET	GAP		
14:30	15:15	CYCLING	Cycling		Cycling	Cycling	Cycling		
15:15	15:30	CROSS-MET	Abdominales		Abdominales	Abdominales	Abdominales		
15:30	15:45	CROSS-MET	STRETCHING		STRETCHING	STRETCHING	STRETCHING		
15:30	16:25	1					Zumba		
16:00	16:45	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual		
17:00	17:30	CROSS-MET	CROSS- MET 30'		CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
17:00	17:30	CYCLING	Cycling Virtual		Cycling Virtual	Cycling Virtual			
17:00	17:45	CYCLING					Cycling		
17:00	17:55	1					Fitness Condition		
17:45	18:00	CROSS-MET					Abdominales		
17:45	18:30	CYCLING	Cycling		Cycling				
18:00	18:15	CROSS-MET					STRETCHING		
18:00	18:30	BIOCIRCUIT				Test Biocircuit			
18:00	18:30	CROSS-MET						CROSS- MET 30'	CROSS- MET 30'
18:00	18:45	CROSS-MET	CROSS-MET		CROSS-MET	CROSS-MET			
18:00	18:55	1	BODY-PUMP		BODY-PUMP	Fitness Condition	GAP		
18:15	19:10	3	Pilates Strong		Pilates Strong	Yoga	Pilates Stretch		
18:30	19:00	BIOCIRCUIT			Test Biocircuit				
18:30	19:15	1		BODY-PUMP					
18:30	19:25	1							BODY-PUMP
18:45	19:00	CROSS-MET	Abdominales		Abdominales	Abdominales			
18:45	19:30	CYCLING			Cycling	Cycling			
19:00	19:30	BIOCIRCUIT					Test Biocircuit		
19:00	19:30	CROSS-MET			CROSS- MET 30'	CROSS- MET 30'	CROSS- MET 30'		
19:00	19:55	1			Body Combat	GAP			
19:15	19:30	CROSS-MET						Abdominales	Abdominales
19:15	20:10	3			Body-Balance	Pilates Stretch			
19:30	19:45	CROSS-MET		STRETCHING				STRETCHING	STRETCHING
19:30	20:00	BIOCIRCUIT				Test Biocircuit			
19:30	20:15	CYCLING		Cycling				Cycling Virtual	Cycling
19:45	20:30	CYCLING			Cycling	Cycling	Cycling Virtual		
20:00	20:55	1			GAP	BODY-PUMP			
20:15	20:30	CROSS-MET						Abdominales	Abdominales
20:15	21:10	3			Espalda Sana	Espalda Sana			
20:30	20:45	CROSS-MET		STRETCHING	Abdominales	Abdominales		STRETCHING	STRETCHING
20:45	21:00	CROSS-MET			STRETCHING	STRETCHING			
21:00	21:45	CYCLING			Cycling Virtual	Cycling Virtual	Cycling Virtual		