

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	CORE 15' (S3)	ATHLETIK 45' (S2)	MOBILITY 15' (S2)	CORE 15' (S2)	BODY PUMP 45' (S2)			16:15	BODY BALANCE 45' (S2)	YOGA 45' (S2)	BODY BALANCE 45' (S3)				
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)				BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)				BODY PUMP 45' (VIRTUAL - S3)	
7:30	ELEMENTS 30' (S3)		GAP 30' (S2)	HBX BOXING 45' (S2)				16:30				YOGA 45' (S2)		BODY PUMP 45' (VIRTUAL - S3)	
8:15	GAP 45' (S2)		FULL TONO 45' (S2)	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)			16:45	BODY BALANCE 45' (S2)					BODY PUMP 45' (VIRTUAL - S3)	
	GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)				GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
9:15	BODY COMBAT 45' (S2)	BODY PUMP 45' (S2)	CYCLO INDOOR 45' (S4)	BODY PUMP 45' (S2)	FULL FITNESS 60' (S2)			17:00	CORE 30' (S3)	GAP 30' (S3)	CORE 30' (S2)	CORE 30' (S3)	GAP 45' (S2)		
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)			ESPALDA SANA 45' (S2)	GRIT 30' (S3)				
9:30	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)		BODY COMBAT 45' (VIRTUAL - S3)	17:30	BODY COMBAT 45' (S2)	ELEMENTS 30' (S3)	HBX BOXING 45' (S2)	ELEMENTS 30' (S3)		BODY COMBAT 45' (VIRTUAL - S3)	
							FULL CIRCUIT 30' (OM)		GLÚTEOS 30' (S3)				FULL TONO 45' (S2)		
10:00						SPECIAL CLASS 45' (S2)				RUNNING 60'		RUNNING 60'			
10:15	FULL CIRCUIT 30' (OM)		FULL CIRCUIT 30' (OM)					17:45	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		
10:30	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)		BODY PUMP 45' (VIRTUAL - S3)				ZUMBA 45' (S3)				
			ESPALDA SANA 30' (S2)			BODY BALANCE 45' (S2)		18:00	CYCLO INDOOR 45' (S4)	FULL FITNESS 60' (S2)	VOLEIBOL 1H (VP)	CORE 30' (S3)	X-TIME 60' (S2/S3)		
10:45	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	18:15		CORE 30' (S3)	CYCLO INDOOR 45' (S4)	CYCLO INDOOR 45' (S4)	CYCLO INDOOR 45' (S4)		
	ESPALDA SANA 30' (S2)								ZUMBA 45' (S3)	CYCLO INDOOR 45' (S4)		PILATES MATT 45' (S3)			
11:00		INICIACIÓN PÁDEL 60' (PP)		INICIACIÓN PÁDEL 60' (PP)		GAP 30' (S2)		18:30	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	BODY PUMP 45' (VIRTUAL - S3)	
11:30		BODY BALANCE 45' (S2)		BODY BALANCE 45' (S2)		ESPALDA SANA 30' (S2)	BODY BALANCE 45' (VIRTUAL - S3)		BODY PUMP 60' (S2)		BODY PUMP 45' (S2)	ZUMBA 45' (S2)			
12:15	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)				REGUETÓN 45' (S3)				
12:30							BODY PUMP 45' (VIRTUAL - S3)	19:00	CYCLO INDOOR 45' (S4)	ATHLETIK 45' (S2)	GROUP CYCLE 60' (VIRTUAL - S4)	ATHLETIK 45' (S3)	ZUMBA 45' (S3)		
13:00	BODY BALANCE 45' (VIRTUAL - S3)									PILATES MATT 45' (S3)					
13:15	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)			FÚTBOL 60' (CF)		FÚTBOL 60' (CF)			
13:30	CORE SALA 30' (SALA FITNESS)	BODY PUMP 45' (S2)	CORE 15' (S2)	HBX BOXING 45' (S2)	BODY PUMP 45' (S2)			19:15	BODY BALANCE 45' (S3)		FULL TONO 45' (S3)	BODY COMBAT 45' (S2)	HBX BOXING 45' (S2)		
	GAP 45' (S2)		BODY COMBAT 45' (VIRTUAL - S3)							GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
13:45		CORE SALA 15' (SALA FITNESS)	GRIT 30' (S2)					19:30	ATHLETIK 45' (S2)		HBX BOXING 45' (S2)			BODY BALANCE 45' (VIRTUAL - S3)	
	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)					AQUAFIT 45' (PISC)	AQUAFIT FUNCIONAL 45' (PISC PEQ)	AQUAFIT 45' (PISC)	AQUAFIT FUNCIONAL 45' (PISC PEQ)	AQUAFIT 45' (PISC)	
14:00							BODY COMBAT 45' (VIRTUAL - S3)	19:45				GRIT 30' (S3)			
14:30	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)			20:00	GRIT 30' (S3)	BODY PUMP 45' (S2)					
14:45	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 30' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)				GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		
15:00							BODY BALANCE 45' (VIRTUAL - S3)		FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	
15:15	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		20:15	SALSA Y BACHATA 1H 30' (S2)	BODY BALANCE 45' (S3)	SALSA Y BACHATA 1H 30' (S3)	YOGA 45' (S2)			
15:30	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)	ELEMENTS 45' (S3)	BODY PUMP 45' (S2)	GRIT 30' (S2)						YOGA 45' (S2)				
15:45	CORE SALA FITNESS 30' (SF)							20:45		STRETCHING MIOFASCIAL 15' (S2)					
	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)		BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)				21:00	BODY PUMP 30' (VIRTUAL - S3)	BODY COMBAT 30' (VIRTUAL - S3)	BODY BALANCE 30' (VIRTUAL - S3)	BODY PUMP 30' (VIRTUAL - S3)	BODY COMBAT 30' (VIRTUAL - S3)	
16:00					STRETCHING MIOFASCIAL 30' (S2)										

S2 SALA 2 S3 SALA 3 S4 SALA 4 PISC PISCINA 25M SF SALA FITNESS OM SALA OMNIA CF CAMPO FÚTBOL
 VP VOLLEY PLAYA* PP PISTA PÁDEL* *En caso de lluvia la clase puede suspenderse

HORARIO CLASES DIRIGIDAS A PARTIR DEL 04.10.2022

