

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO			
7:15	CORE 15' (S3)	ATHLETIK 45' (S2)	GAP 45' (S2)	CORE 15' (S2)	BODY PUMP 45' (S2)			16:15	BODY BALANCE 45' (S2)		BODY BALANCE 45' (S3)			BODY BALANCE 30' (VIRTUAL - S3)				
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)			16:30		PILATES MATT 45' (S3)		PILATES MATT 45' (S3)						
7:30	ELEMENTS 30' (S3)			HBX BOXING 45' (S2)				16:45					BODY COMBAT 45' (VIRTUAL - S3)					
8:15	GAP 45' (S2)	CYCLO INDOOR 45' (S4)	FULL TONO 45' (S2)	ATHLETIK 45' (S2)	HBX BOXING 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)	GROUP CYCLE (VIRTUAL - S4)			
	GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)			17:00	CORE 30' (S3)	GAP 30' (S3)	CORE 30' (S2)	CORE 30' (S3)	GAP 45' (S2)					
9:15	BODY COMBAT 45' (S2)		CYCLO INDOOR 45' (S4)		FULL FITNESS 60' (S2)						GRIT 30' (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)	17:15		ESPALDA SANA 45' (S2)		BODY BALANCE 45' (S2)						
9:30	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)		BODY COMBAT 45' (VIRTUAL - S3)		BODY COMBAT 45' (S2)	ELEMENTS 30' (S3)	HBX BOXING 45' (S2)	ELEMENTS 30' (S3)		BODY COMBAT 45' (VIRTUAL - S3)				
		BODY PUMP 45' (S2)		BODY PUMP 45' (S2)	FULL CIRCUIT 30' (OM)			17:30	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)						
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)							
					BODY BALANCE 45' (S2)			18:00	CYCLO INDOOR 45' (S4)	FULL FITNESS 60' (S2)	VOLEIBOL 1H (VP)		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)			CYCLO INDOOR 45' (S4)	CYCLO INDOOR 45' (S4)	CYCLO INDOOR 45' (S4)	CYCLO INDOOR 45' (S4)					
	ESPALDA SANA 30' (S2)		ESPALDA SANA 30' (S2)					18:15	ZUMBA 45' (S3)	CORE 30' (S3)		PILATES MATT 45' (S3)						
11:00		INICIACIÓN PÁDEL 60' (PP)		INICIACIÓN PÁDEL 60' (PP)		GAP 30' (S2)			FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		BODY PUMP 30' (VIRTUAL - S3)				
11:30		BODY BALANCE 45' (S2)		BODY BALANCE 45' (S2)		ESPALDA SANA 30' (S2)	BODY BALANCE 45' (VIRTUAL - S3)	18:30	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)							
						BODY COMBAT 45' (VIRTUAL - S3)		19:00	CYCLO INDOOR 45' (S4)	ATHLETIK 45' (S2)		ATHLETIK 45' (S3)	ZUMBA 45' (S3)					
12:30							BODY PUMP 45' (VIRTUAL - S3)		BODY BALANCE 45' (S3)	PILATES MATT 45' (S3)								
13:00										FÚTBOL 60' (CF)		FÚTBOL 60' (CF)						
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)				FULL TONO 45' (S3)	BODY COMBAT 45' (S2)	HBX BOXING 45' (S2)					
						BODY PUMP 45' (VIRTUAL - S3)		19:15				BODY BALANCE 45' (OM)						
13:30	CORE SALA 30' (SALA FITNESS)	BODY COMBAT 45' (S2)	CORE 15' (S2)	HBX BOXING 45' (S2)	BODY PUMP 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)			
	GAP 45' (S2)							19:30	ATHLETIK 45' (S2)		HBX BOXING 45' (S2)			BODY BALANCE 45' (VIRTUAL - S3)				
13:45		CORE SALA 15' (SALA FITNESS)	GRIT 30' (S2)						AQUAFIT 45' (PISC)	AQUAFIT FUNCIONAL 45' (PISC PEQ)	AQUAFIT 45' (PISC)	AQUAFIT FUNCIONAL 45' (PISC PEQ)	AQUAFIT 45' (PISC)					
	BODY COMBAT 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)			19:45				GRIT 30' (S3)						
14:00								20:00	GRIT 30' (S3)	BODY PUMP 45' (S2)								
14:30	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)				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)			
14:45	BODY PUMP 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 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)	FULL CIRCUIT 30' (OM)			
15:00								20:15	SALSA Y BACHATA 1H 30' (S2)	BODY BALANCE 45' (S3)	SALSA Y BACHATA 1H 30' (S3)	YOGA 45' (S2)						
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)	GROUP CYCLE (VIRTUAL - S4)				YOGA 45' (S2)							
						BODY PUMP 30' (VIRTUAL - S3)		20:45	BODY PUMP 45' (VIRTUAL - S3)	STRETCHING MIOFASCIAL 15' (S2)		BODY PUMP 30' (VIRTUAL - S3)						
15:30	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)	ELEMENTS 45' (S3)	BODY PUMP 45' (S2)	GRIT 30' (S2)			21:15		BODY BALANCE 30' (VIRTUAL - S3)	BODY COMBAT 30' (VIRTUAL - S3)	BODY BALANCE 30' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)					
15:45	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)		BODY COMBAT 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 30' (VIRTUAL - S3)			S2	SALA 2	S3	SALA 3	S4	SALA 4	PISC PISCINA 25M	SF SALA FITNESS	OM SALA OMNIA	CF CAMPO FÚTBOL
16:00				STRETCHING MIOFASCIAL 30' (S2)					VP	VOLLEY PLAYA*	PP	PISTA PÁDEL*	*En caso de lluvia la clase puede suspenderse					

HORARIO CLASES DIRIGIDAS
A PARTIR DEL 17.04.2023

