

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
07:30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING			
08:30	YOGA	VIRTUAL CYCLING HIPOPRESIVOS	PILATES	VIRTUAL CYCLING HIPOPRESIVOS	BODY PUMP			
09:00	CORE TRNG	HIPOPRESIVOS		HIPOPRESIVOS	CORE TRNG			
09:30	ZUMBA	BODY PUMP	ZUMBA	TONO GLOBAL	GAP	ABE PILATES	VIRTUAL DANCE	
	CYCLING	TOTAL TRNG	CYCLING		CYCLING		TOTAL TRNG	
		AQUAFITNESS	TOTAL TRNG	AQUAFITNESS	TOTAL TRNG			
10:00			CORE TRNG			TOTAL TRNG	CORE TRNG	
10:30	PILATES	YOGA	CORR. POSTURAL	YOGA	PILATES	YOGA	VIRTUAL BODY PUMP	
	TOTAL TRNG	GAP	BODY PUMP	FULL DANCE	TRX	BODY PUMP		
	AQUAFITNESS		AQUAFITNESS	VIRTUAL CYCLING	AQUAFITNESS	AQUAFITNESS		
11:30	VIRTUAL BODY PUMP	ABE					TOTAL TRNG	
							VIRTUAL CYCLING	
	K-STRETCH		K-STRETCH	PILATES				
13:30	CYCLING	BODY PUMP	CYCLING	BODY PUMP				
	TOTAL TRNG		TOTAL TRNG		TOTAL TRNG			
14:00			TRX	CORE TRNG				
14:30	CORE TRNG	TOTAL TRNG	VIRTUAL DANCE	TOTAL TRNG				
	VIRTUAL BODY PUMP	VIRTUAL CYCLING			VIRTUAL CYCLING			
15:30	VIRTUAL DANCE	TOTAL TRNG	VIRTUAL CYCLING			VIRTUAL BODY PUMP		
	AQUAFITNESS		AQUAFITNESS					
17:00					ABE			
17:30	GAP	ABE	BODY PUMP	COMBAT	ZUMBA	TOTAL TRNG		
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	CORR. POSTURAL	YOGA	YOGA	PILATES	YOGA			
	TOTAL TRNG		TRX		TOTAL TRNG			
18:00	CORE TRNG	TOTAL TRNG	CORE TRNG	TOTAL TRNG	CORE TRNG	CORE TRNG		
18:30	YOGA	CORR. POSTURAL			FULLYOGA	PILATES	VIRTUAL CYCLING	
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	BODY PUMP	COMBAT	ZUMBA	BODY PUMP	TRX			
	K-STRETCH	HIPOPRESIVOS	K-STRETCH	CORE TRNG	HIPOPRESIVOS			
19:00					HIPOPRESIVOS			
	ZUMBA	ZUMBA	COMBAT	ZUMBA	BODY PUMP			
	CYCLING	VIRTUAL CYCLING	CYCLING	VIRTUAL CYCLING				
19:30	TOTAL TRNG			TOTAL TRNG	TOTAL TRNG			
	PILATES	PILATES	PILATES					
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS			
20:30	TONO GLOBAL	BODY PUMP	TOTAL TRNG	VIRTUAL BODY PUMP				
	AQUAFITNESS		YOGA	PILATES				