



Hora	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07.30	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING	PILATES	VIRTUAL CYCLING		
08.30	YOGA		PILATES		FULLYOGA		
	AQUAFITNESS	VIRTUAL CYCLING	AQUAFITNESS	VIRTUAL CYCLING	VIRTUAL CYCLING		
09.00	CORE TRAINING	HIPOPRESIVOS		HIPOPRESIVOS	CORE TRAINING		
09.30	ZUMBA	BODY PUMP	CYCLING	TONO GLOBAL	TOTAL TRAINING	TOTAL TRAINING	TOTAL TRAINING
	CYCLING	TOTAL TRAINING	TOTAL TRAINING	CORE TRAINING	CYCLING	CYCLING	
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUATRaining	
	K-STRECH	K-STRECH	YOGA		A.T.A.	PILATES	
			ZUMBA		GAP		
10.00		CORE TRAINING	CORE TRAINING			CORE TRAINING	CORE TRAINING
10.30	PILATES	YOGA	CORREC. POSTURAL	YOGA	PILATES	YOGA	
	TOTAL TRAINING	VIRTUAL CYCLING		VIRTUAL CYCLING		TOTAL TRAINING	VIRTUAL BODY PUMP
						BODY PUMP	
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	
11.00							
11.30	K-STRETCH			PILATES	K-STRETCH	K-STRETCH	VIRTUAL CYCLING
	VIRTUAL BODY PUMP			VIRTUAL BODY PUMP		ZUMBA	TOTAL TRAINING
13.30	VIRTUAL BODY PUMP						
	VIRTUAL CYCLING	VIRTUAL BODY PUMP	VIRTUAL CYCLING	VIRTUAL BODY PUMP	TOTAL TRAINING		
	TOTAL TRAINING		TOTAL TRAINING				
	PILATES						
14.00					CORE TRAINING		
14.30	CORE TRAINING		CORE TRAINING				
	CORREC. POSTURAL		PILATES				
		TOTAL TRAINING	VIRTUAL BODY PUMP	TOTAL TRAINING	VIRTUAL BODY PUMP		
		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
15.30	K-STRETCH	TOTAL TRAINING					
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUATRaining	AQUAFITNESS		
16.30	GAP	VIRTUAL BODY PUMP		VIRTUAL BODY PUMP			
17.00		FULLYOGA					
17.30	BODY PUMP	TONO GLOBAL	BODY PUMP	GAP	ZUMBA	TOTAL TRAINING	
	FULL CYCLING 80'	CYCLING	CYCLING	CYCLING	CYCLING		
	PILATES		PILATES	PILATES	CORREC. POSTURAL		
	TOTAL TRAINING		TOTAL TRAINING		TOTAL TRAINING		
18.00	CORE TRAINING	TOTAL TRAINING	CORE TRAINING	TOTAL TRAINING	CORE TRAINING	CORE TRAINING	
18.30	COMBAT	BODY PUMP	ZUMBA	BODY PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING	
		CYCLING	CYCLING	CYCLING	BODY PUMP		
	YOGA	C.POSTURAL	K-STRETCH	CORREC. POSTURAL	PILATES		
				CORE TRAINING			
18.45		A.T.A.		A.T.A.			
19.30	AQUAFITNESS	AQUAFITNESS	AQUATRaining	AQUAFITNESS	AQUAFITNESS		
	ZUMBA	VIRTUAL CYCLING	COMBAT	ZUMBA			
	VIRTUAL CYCLING	GAP	VIRTUAL CYCLING	VIRTUAL CYCLING			
	TOTAL TRAINING		TOTAL TRAINING				
	PILATES	PILATES	YOGA	K-STRETCH			
20.00							
20.30	TONO GLOBAL	BODY PUMP	GAP	TONO GLOBAL			
BAJA INTENSIDAD	MEDIA INTENSIDAD	ALTA INTENSIDAD	PISCINA / SPA	<b>HORARIO 2026 ACTUALIZADO SUJETO A CAMBIOS</b>			