



Hora	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
07.30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING			
08.30	YOGA		PILATES		BODY PUMP			
		VIRTUAL CYCLING		VIRTUAL CYCLING				
09.00	CORE TRAINING	HIPOPRESIVOS		HIPOPRESIVOS	CORE TRAINING			
09.30	ZUMBA	BODY PUMP	CYCLING	TONO GLOBAL	GAP	TOTAL TRAINING	TOTAL TRAINING	
	CYCLING	TOTAL TRAINING	TOTAL TRAINING	CORE TRAINING	CYCLING	CYCLING		
	AQUAMOVE	AQUAFITNESS	AQUAMOVE	AQUAFITNESS	AQUASWIM	AQUATRaining		
		CYCLING	YOGA		TOTAL TRAINING	PILATES		
			K-STRETCH					
			ZUMBA					
10.00		CORE TRAINING	CORE TRAINING			CORE TRAINING	CORE TRAINING	
10.30	PILATES	YOGA	CORREC. POSTURAL	YOGA	PILATES	YOGA	VIRTUAL BODY PUMP	
	TOTAL TRAINING		VIRTUAL CYCLING	VIRTUAL CYCLING	CROSS TRAINING	TOTAL TRAINING		
	VIRTUALCYCLING				VIRTUAL CYCLING	BODY PUMP		
	AQUAFITNESS	AQUA ZUMBA	AQUAFITNESS	AQUA ZUMBA	AQUAFITNESS	AQUA ZUMBA		
11.00								
11.30	K-STRETCH	K-STRECH		PILATES	K-STRETCH	K-STRETCH	VIRTUAL CYCLING	
	VIRTUAL BODY PUMP			VIRTUAL BODY PUMP		ZUMBA	TOTAL TRAINING	
13.30	VIRTUAL BODY PUMP							
13.30	CYCLING	VIRTUAL BODY PUMP	CYCLING	VIRTUAL BODY PUMP	TOTAL TRAINING			
	TOTAL TRAINING		TOTAL TRAINING					
14.00					CORE TRAINING			
14.30	CORE TRAINING		CORE TRAINING		VIRTUAL BODY PUMP			
	PILATES		HIPOPRESIVOS					
		TOTAL TRAINING	VIRTUAL BODY PUMP	TOTAL TRAINING				
		VIRTUAL CYCLING		VIRTUAL CYCLING				
15.30		TOTAL TRAINING	VIRTUAL CYCLING					
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUATRaining	AQUAMOVE			
16.30		VIRTUAL BODY PUMP		VIRTUAL BODY PUMP				
17.30	GAP	TONO GLOBAL	BODY PUMP	COMBAT	ZUMBA	TOTAL TRAINING		
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING			
	CORREC. POSTURAL	YOGA	PILATES	PILATES	YOGA			
	TOTAL TRAINING		TOTAL TRAINING		TOTAL TRAINING			
18.00	CORE TRAINING	TOTAL TRAINING	CORE TRAINING	TOTAL TRAINING	CORE TRAINING	CORE TRAINING		
18.30	BODY PUMP	COMBAT	ZUMBA	BODY PUMP	VIRTUAL CYCLING	VIRTUAL CYCLING		
	CYCLING	CYCLING	CYCLING	CYCLING	TOTAL TRAINING			
	YOGA	C.POSTURAL	K-STRETCH	FULL YOGA	PILATES			
	K-STRETCH	HIPOPRESIVOS		CORE TRAINING				
18.45		AQUASWIM		AQUASWIM				
19.30	AQUAFITNESS	AQUAFITNESS	AQUATRaining	AQUAFITNESS				
	ZUMBA	ZUMBA	COMBAT	ZUMBA	VIRTUAL BODY PUMP			
	VIRTUALCYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING				
	PILATES	PILATES	YOGA					
	TOTAL TRAINING		CROSS TRAINING					
20.00				HIPOPRESIVOS				
20.30	TONO GLOBAL	BODY PUMP	GAP	VIRTUAL BODY PUMP				
			TOTAL TRAINING					
BAJA INTENSIDAD	MEDIA INTENSIDAD	ALTA INTENSIDAD	PISCINA	HORARIO 2024 ACTUALIZADO SUJETO A CAMBIOS				