



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	HIOPRESIVOS		HIOPRESIVOS	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	VIRTUAL CYCLING	TOTAL TRAINING	
	VIRTUALCYCLING					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		HIOPRESIVOS				
		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		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	ZUMBA	VIRTUAL CYCLING	
	CYCLING	CYCLING	CYCLING	CYCLING	TOTAL TRAINING		
	YOGA	C.POSTURAL	K-STRETCH	FULL YOGA	PILATES		
	K-STRETCH	HIOPRESIVOS		CORE TRAINING	VIRTUAL CYCLING		
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						
20.00				HIOPRESIVOS			
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