



Hora	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
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
	CYCLING	TOTAL TRAINING	TOTAL TRAINING	CORE TRAINING	CYCLING	CYCLING
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUASWIM	AQUATRaining
			YOGA		TOTAL TRAINING	PILATES
			ZUMBA			
10.00		CORE TRAINING	CORE TRAINING			CORE TRAINING
10.30	PILATES	YOGA	CORREC. POSTURAL	YOGA	PILATES	YOGA
	TOTAL TRAINING			VIRTUAL CYCLING	VIRTUAL CYCLING	TOTAL TRAINING
						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 BODY PUMP			VIRTUAL BODY PUMP		ZUMBA
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	AQUAFITNESS	
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	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	HIOPRESIVOS		CORE TRAINING	ZUMBA	
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