



| Hora            | LUNES             | MARTES            | MIÉRCOLES         | JUEVES                                    | VIERNES           | SÁBADO          | DOMINGO           |
|-----------------|-------------------|-------------------|-------------------|-------------------------------------------|-------------------|-----------------|-------------------|
| 07.30           | VIRTUAL CYCLING   |                   | VIRTUAL CYCLING   |                                           | VIRTUAL CYCLING   |                 |                   |
| 08.30           | YOGA              |                   | PILATES           |                                           | VIRTUAL BODY PUMP |                 |                   |
|                 |                   | 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                               | AQUASWIM          | AQUATRaining    |                   |
|                 | K-STRECH          | K-STRECH          | YOGA              |                                           | GAP               | PILATES         |                   |
|                 |                   |                   | ZUMBA             |                                           |                   |                 |                   |
|                 |                   |                   |                   |                                           |                   |                 |                   |
| 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       | AQUA ZUMBA                                | AQUAFITNESS       | AQUA ZUMBA      |                   |
| 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    |                                           |                   |                 |                   |
| 14.00           |                   |                   |                   |                                           | CORE TRAINING     |                 |                   |
| 14.30           | CORE TRAINING     |                   | CORE TRAINING     |                                           |                   |                 |                   |
|                 | PILATES           |                   | HIPOPRESIVOS      |                                           |                   |                 |                   |
|                 |                   | 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           | BODY PUMP         | VIRTUAL BODY PUMP |                   | VIRTUAL BODY PUMP                         |                   |                 |                   |
|                 |                   |                   |                   |                                           |                   |                 |                   |
| 17.00           |                   | FULL YOGA         |                   |                                           |                   |                 |                   |
| 17.30           | GAP               | TONO GLOBAL       | BODY PUMP         | TONO GLOBAL                               | ZUMBA             | TOTAL TRAINING  |                   |
|                 | CYCLING           | 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           | BODY PUMP         | COMBAT            | ZUMBA             | BODY PUMP                                 | VIRTUAL CYCLING   | VIRTUAL CYCLING |                   |
|                 | CYCLING           | CYCLING           | CYCLING           | CYCLING                                   | BODY PUMP         |                 |                   |
|                 | YOGA              | C.POSTURAL        | K-STRETCH         | CORREC. POSTURAL                          | PILATES           |                 |                   |
|                 |                   |                   |                   | CORE TRAINING                             |                   |                 |                   |
| 18.45           |                   | AQUASWIM          |                   | AQUASWIM                                  |                   |                 |                   |
| 19.30           | AQUAFITNESS       | AQUAFITNESS       | AQUATRaining      | AQUAFITNESS                               | AQUAFITNESS       |                 |                   |
|                 | ZUMBA             | VIRTUAL CYCLING   | COMBAT            | ZUMBA                                     |                   |                 |                   |
|                 | VIRTUAL CYCLING   |                   | VIRTUAL CYCLING   | VIRTUAL CYCLING                           |                   |                 |                   |
|                 | TOTAL TRAINING    |                   | TOTAL TRAINING    |                                           |                   |                 |                   |
|                 | PILATES           | PILATES           | YOGA              | K-STRETCH                                 |                   |                 |                   |
| 20.00           |                   |                   |                   |                                           |                   |                 |                   |
| 20.30           | TONO GLOBAL       | BODY PUMP         | GAP               | TONO GLOBAL                               |                   |                 |                   |
|                 |                   | PILATES           |                   |                                           |                   |                 |                   |
| BAJA INTENSIDAD | MEDIA INTENSIDAD  | ALTA INTENSIDAD   | PISCINA           | HORARIO 2025 ACTUALIZADO SUJETO A CAMBIOS |                   |                 |                   |