



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	HIOPRESIVOS		HIOPRESIVOS	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	
	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	
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				
		TOTAL TRAINING	VIRTUAL BODY PUMP	TOTAL TRAINING	VIRTUAL BODY PUMP		
		VIRTUAL CYCLING		VIRTUAL CYCLING	VIRTUAL CYCLING		
15.30	K-STRETCH	TOTAL TRAINING					
16.30	BODY PUMP	VIRTUAL BODY PUMP		VIRTUAL BODY PUMP			
17.00							
17.30	GAP	TONO GLOBAL	BODY PUMP	TONO GLOBAL	ZUMBA	TOTAL TRAINING	
	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
	PILATES	YOGA	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							
19.30							
	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			

BAJA INTENSIDAD

MEDIA INTENSIDAD

ALTA INTENSIDAD

PISCINA

HORARIO 2026 ACTUALIZADO SUJETO A CAMBIOS