



Hora	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
07.00	HYROX	STRENGHT	PERFORMANCE	HYROX	HYROX			
07.30	VIRTUAL CYCLING		VIRTUAL CYCLING		VIRTUAL CYCLING			
08.00	PERFORMANCE	HYROX	HYROX	STRENGHT	PERFORMANCE			
08.30	YOGA		PILATES		FULLYOGA			
	AQUAFITNESS	VIRTUAL CYCLING	AQUAFITNESS	VIRTUAL CYCLING	VIRTUAL CYCLING			
09.00	CORE TRAINING	HIPOPRESIVOS		HIPOPRESIVOS	CORE TRAINING	HYROX PARIS		
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	AQUAFITNESS	AQUATRaining		
	K-STRECH	K-STRECH	YOGA		GAP	PILATES		
			ZUMBA					
	HYROX	HYROX	STRENGHT	PERFORMANCE	HYROX			
10.00		CORE TRAINING	CORE TRAINING			CORE TRAINING	CORE TRAINING	
10.15						HYROX PARIS		
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	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS		
	STRENGHT	PERFORMANCE	HYROX	HYROX	STRENGHT			
11.00								
11.30	K-STRETCH			PILATES	K-STRETCH	K-STRETCH	VIRTUAL CYCLING	
	VIRTUAL BODY PUMP			VIRTUAL BODY PUMP		ZUMBA	TOTAL TRAINING	
						HYROX PARIS		
11.30-15.00	OPEN	OPEN	OPEN	OPEN	OPEN			
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						
	AQUAFITNESS	AQUAFITNESS	AQUAFITNESS	AQUATRaining	AQUAFITNESS			
	HYROX	STRENGHT	HYROX	PERFORMANCE	HYROX			
16.30	BODY PUMP	VIRTUAL BODY PUMP		VIRTUAL BODY PUMP				
	STRENGHT	HYROX	HYROX	HYROX	PERFORMANCE			
17.00		FULLYOGA						
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			
	HYROX	PERFORMANCE	STRENGHT	HYROX	HYROX			
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				
	HYROX	HYROX	PERFORMANCE	STRENGHT	HYROX			
18.45								
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				
	PERFORMANCE	HYROX	HYROX	HYROX	STRENGHT			
20.00								
20.30	TONO GLOBAL	BODY PUMP	GAP	TONO GLOBAL				
BAJA INTENSIDAD	MEDIA INTENSIDAD	ALTA INTENSIDAD	PISCINA / SPA	HORARIO 2026 ACTUALIZADO SUJETO A CAMBIOS				