

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15	LOCALIZADA	PTM	AERO GAP PILATES REFORMER	PTM	PILATES REFORMER LOCAL BAR		
08:45	INDOOR CYCLE		INDOOR CYCLE		INDOOR CYCLE		
09:00	LOCALIZADA	TALLER DE ABDOMINALES PILATES REFORMER	AERO GAP PILATES REFORMER	PILATES REFORMER TALLER DE ABDOMINALES	LOCAL BAR PILATES REFORMER		
09:30		PILATES MAT DUATLON TRAINING		PILATES MAT DUATLON TRAINING			
09:45		PILATES REFORMER		PILATES REFORMER			
10:00	PILATES REFORMER ZUMBA		PILATES REFORMER ZUMBA		PILATES REFORMER ZUMBA	PILATES REFORMER GIMNASIA LOCALIZADA	
10:30		STRETCHING		STRETCHING			
11:00	PILATES REFORMER YOGA		YOGA PILATES REFORMER		YOGA PILATES REFORMER	SPORTCYCLE PILATES REFORMER	
12:00						YOGA	
14:00			ZUMBA		ZUMBA		
14:30		INDOOR CYCLE		INDOOR CYCLE			
15:00	POWER		POWER LOCAL		CIRCUIT-FEM		
17:45	PILATES REFORMER		PILATES REFORMER				
18:00	X55		POWER LOCAL		CIRCUIT TRAINING		
18:30	PILATES REFORMER	INDOOR CYCLE PILATES REFORMER ZUMBA	PILATES REFORMER	ZUMBA INDOOR CYCLE PILATES REFORMER			
19:00	SPORTCYCLE KANGOO JUMPS	STRETCHING	SPORTCYCLE KANGOO JUMPS				
19:30	YOGA	BOX TRAINING PILATES REFORMER	YOGA	BOX TRAINING PILATES REFORMER			