

HORARIOS DE ACTIVIDADES

HS.	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
08:15		PTM	PILATES REFORMER	PTM	PILATES REFORMER		
08:30	LOCALIZADA		AERO GAP		LOCAL BAR		
08:45	INDOOR CYCLE		INDOOR CYCLE		INDOOR CYCLE		
09:00		TALLER DE ABDOMINALES PILATES REFORMER	PILATES REFORMER	PILATES REFORMER TALLER DE ABDOMINALES	PILATES REFORMER		
09:30		DUATLON TRAINING PILATES MAT		PILATES MAT DUATLON TRAINING			
09:45		PILATES REFORMER		PILATES REFORMER			
10:00	PILATES REFORMER ZUMBA		ZUMBA PILATES REFORMER		PILATES REFORMER ZUMBA	PILATES REFORMER GIMNASIA LOCALIZADA	
10:30		STRETCHING		STRETCHING			
11:00	PILATES REFORMER YOGA		PILATES REFORMER YOGA		YOGA PILATES REFORMER	PILATES REFORMER SPORTCYCLE	
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 ZUMBA PILATES REFORMER	PILATES REFORMER	INDOOR CYCLE ZUMBA PILATES REFORMER			
19:00	KANGOO JUMPS SPORTCYCLE	STRETCHING	KANGOO JUMPS SPORTCYCLE				
19:30	YOGA	PILATES REFORMER BOX TRAINING	YOGA	PILATES REFORMER BOX TRAINING			