

HORARIO DEL 6 DE MAYO AL 2 DE JUNIO

HORA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
7:30	CYCLING s	ESPALDA SANA 1	TRX 30' 0	BODY BALANCE 1	HIPOPRESIVOS 3		
	TRX 30' 0	ABD 15' 0		ABD 15' 0	TRX 30' 0		
9:30	PILATES 2	MANTENIMIENTO 2	HIPOPRESIVOS 3	ESPALDA SANA 1	MANTENIMIENTO 2		
	CYCLING S	CYCLING S	CYCLING S	CYCLING S	CYCLING S		
	BODY PUMP 1		BODY PUMP 1			BODY PUMP 1	
10:00	ABD 15' 0	ABD 15' 0	ABD 15' 0	ABD 15' 0	ABD 15' 0		BODY COMBAT 1
10:30	ZUMBA 2	TAICHI 3	ZUMBA 2	TAICHI 0	BODY PUMP 1	BODY BALANCE 1	
	ESPALDA SANA 1	ESPALDA SANA 1	BODY BALANCE 1	PILATES 1			
	AQUADYNAMIC P	AQUADYNAMIC P	AQUADYNAMIC P	AQUADYNAMIC P	ZUMBA 2		
11:00	ABD 15' 0	ABD 15' 0	ABD 15' 0	ABD 15' 0	ABD 15' 0	CYCLING S	CYCLING S
							ZUMBA 2
11:30	BODY BALANCE 1	ZUMBA 2	STRETCHING 1	YOGA 1H30' 3	PILATES 1	ZUMBA 3	
	FUNCIONAL 2	BODY COMBAT 1	FUNCIONAL 2	BODY COMBAT 2	AQUADYNAMIC P	FUNCIONAL 2	
12:00							AQUATRaining P
							FUNCIONAL 2
12:30	AQUADYNAMIC P	YOGA 3	AQUADYNAMIC P	AQUADYNAMIC P	MEDITACION 3	AQUADYNAMIC P	
15:30	CYCLING S	BODY PUMP 1	FUNCIONAL 0	ESPALDA SANA 0	CYCLING S		
16:00	ACUATERAPIA P	ACUATERAPIA P	ACUATERAPIA P	ACUATERAPIA P	ACUATERAPIA P		
16:30	TRX 30' 0	YOGA 3	ABD 15' 0	TRX 30' 0	ABD 15' 0		
17:00		AQUADYNAMIC P		SEVILLANAS 2	AQUADYNAMIC P		
		FUERZA 5X5 0		FLOWFIT 1	FUERZA 5X5 0		
17:30	PILATES 2	BODY BALANCE 3	STRETCHING 1				
	TRX 30' 0		GAP 30' 2	ABD 15' 0	TRX 30' 0		
18:00	CYCLING S	CYCLING S	CYCLING S	CYCLING S	YOGA 3		
	GAP 30' 1	BODY PUMP 1	AQUADYNAMIC P	AQUADYNAMIC P	ZUMBA 2		
			HIPOPRESIVOS 2	FUNCIONAL 2	BODY PUMP 1		
18:30	BODY BALANCE 2	YOGA 3	PILATES 1	TRX 30' 0			
	AQUADYNAMIC P	ZUMBA 2	ZUMBA 3				
	BODY PUMP 1	TRX 30' 0					
	DEFENSA PERSONAL 1,5H 3						
19:00	CYCLING S	CYCLING S	CYCLING S	CYCLING S	CYCLING S		
		HIIT 30' 1	FUNCIONAL 2	BODY PUMP 1	FUNCIONAL 2		
				ZUMBA 2	ESPALDA SANA 1		
		AQUADYNAMIC P		PILATES 3			
19:30	BODY COMBAT 2	GAP 30' 1	BODY COMBAT 3				
	HIPOPRESIVOS 1		ESPALDA SANA 1				
	AQUADYNAMIC P			AQUADYNAMIC P			
20:00	ZUMBA 3	BODY BALANCE 2		BODY BALANCE 2	BODY BALANCE 2		
	RUNNING	STEP 1	RUNNING	BODY COMBAT 1	AQUADYNAMIC P		
		B.LATINO PAREJA 3		B.LATINO PAREJA 3			
20:30	FUNCIONAL 2	CYCLING S	BODY PUMP 1	FUERZA 5X5 0			
		AQUADYNAMIC P	AQUADYNAMIC P	AQUADYNAMIC P			
21:00	TRX 30' 0	TRX 30' 0	TRX 30' 0	TRX 30' 0	TRX 30' 0		
22:00	ABD 15'	ABD 15'	ABD 15'	ABD 15'	ABD 15'		



