HORARIO DEL 29 DE JULIO AL 1 DE SEPTIEMBRE

HORA	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO	
7:30	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL					
9:30	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S				
	PILATES	2	MANTENIMIENTO	2			ESPALDA SANA	1	MANTENIMIENTO	2				
	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			FUNCIONAL	2
10:30	ZUMBA	2	ESPALDA SANA	1	ZUMBA	2	PILATES	1	ZUMBA	2	BODY BALANCE	1		
	AQUADYNAMIC	P	AQUADYNAMIC	P	AQUADYNAMIC	P	AQUADYNAMIC	P	BODY PUMP	1				
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	FUNCIONAL	2			BODY BALANCE	2	YOGA 1H30´	3	AQUADYNAMIC	P	ZUMBA	3		
	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL					
12:00												S	AQUATRAINING	P
12:30	AQUADYNAMIC	P	YOGA	3	AQUADYNAMIC	P	AQUADYNAMIC	P			AQUADYNAMIC	P		
15.30	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL					
16:00	ACUATERAPIA	P			ACUATERAPIA	P			ACUATERAPIA	P	VIRTUAL		VIRTUAL	
16:30	TRX 30'	0	TRX 30'	0	TRX 30'	0	TRX 30'	0	TRX 30'	0				
17:00									FUERZA 5X5	0	VIRTUAL		VIRTUAL	
17:30	PILATES	2	BODY BALANCE	3	STRETCHING	1								
	TRX 30'	0	FUERZA 5X5	0	GAP 30´	2	ABD 15'	0	TRX 30'	0				
18:00	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	YOGA	3				
	BODY PUMP	1			AQUADYNAMIC	P	AQUADYNAMIC	P	ZUMBA	2	VIRTUAL		VIRTUAL	
	AQUADYNAMIC	P					FUNCIONAL	2	BODY PUMP	1				
18:30	BODY BALANCE	2			PILATES	1								
			ZUMBA	2	ZUMBA	3								
19:00	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S				
	BODY COMBAT	2			FUNCIONAL	2	ZUMBA	2	FUNCIONAL	2	VIRTUAL		VIRTUAL	
			AQUADYNAMIC	P			PILATES	3	ESPALDA SANA	1				
19:30	AQUADYNAMIC	P	GAP 30´	1										
20:00	ZUMBA	3	BODY BALANCE	2			BODY BALANCE	2	AQUADYNAMIC	P				
	FUNCIONAL	2			BODY COMBAT	2	BODY PUMP	1			VIRTUAL		VIRTUAL	
20:30	VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL		VIRTUAL					
			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'					