



HORARIO DEL 7 AL 31 DE ENERO

HORA	LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		SABADO		DOMINGO	
7:30	CYCLING	S	BODY BALANCE	1	TRX	0	HIPOPRESIVOS AVANZADO	2	BODY BALANCE	2				
9:30	PILATES	2	MANTENIMIENTO	2			ESPALDA SANA	2	MANTENIMIENTO	2				
	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S				
10:00	BODY PUMP	1			BODY PUMP	1			TRX 30'	0	GAP	1		
	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0			GAP	1
10:30	ZUMBA	2	ESPALDA SANA	1	AEROBIC	2	PILATES ESPALDA	2	BODY PUMP	1	BODY BALANCE	1		
			TAI CHI	3	HIPOPRESIVOS AVANZADO	1	TAI CHI	3						
11:00	AQUADYNAMIC	P	AQUADYNAMIC	P	AQUADYNAMIC	P	AQUADYNAMIC	P	ZUMBA	2				
	TRX 30'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0	ABD 15'	0	CYCLING	S	CYCLING	S
11:30	BODY BALANCE	1	ZUMBA	2	BODY BALANCE	1	YOGA 1H30'	3	PILATES/ESPALDA SANA	1	ZUMBA	3		
		2	BODY COMBAT	1			BODY COMBAT	2		P	FUNCIONAL	2		
12:00									AQUADYNAMIC				AQUAZUMBA	P
													FUNCIONAL	2
12:30	AQUADYNAMIC	P	YOGA	3	AQUADYNAMIC	P	AQUADYNAMIC	P	YOGA NIDRA	3	AQUADYNAMIC	P		
15:30	CYCLING	S	FUNCIONAL	0	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			FUERZA 5X5	0			SEVILLANAS		FUERZA 5X5	0				
17:30	PILATES/ESPALDA SANA	2	BODY BALANCE	3	STRETCHING	1			YOGA	3				
	TRX 30'	0			GAP 30'	2	ABD 15'	0	TRX 30'	0				
18:00	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S						
	GAP 30'	1	BODY PUMP	1	BODY COMBAT	2	AQUADYNAMIC	P	ZUMBA	2				
18:30					AQUADYNAMIC	P	FUNCIONAL	2	BODY PUMP	1				
	ESPALDA SANA	2			PILATES	1	TRX 30'	0						
19:00	AQUADYNAMIC	P	ZUMBA	2	ZUMBA	3								
	BODY PUMP	1	TRX 30'	0										
19:30	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S	CYCLING	S				
			HIIT 30'	1	FUNCIONAL	2	ZUMBA	2	FUNCIONAL	2				
20:00			AQUADYNAMIC	P			PILATES	3	ESPALDA SANA	1				
	BODY COMBAT	2	BODY COMBAT	2	BODY PUMP	1								
20:30	HIPOPRESIVOS AVANZADO	3	GAP 30'	1	ESPALDA SANA	3								
	AQUADYNAMIC	P					FUNCIONAL	2						
21:00	STEP	2	BODY BALANCE	2			BODY BALANCE	1	BODY BALANCE	2				
	RUNNING CLUB		BAILES LATINOS INI	3			BAILES LATINOS INI	3	AQUADYNAMIC	P				
21:30			CYCLING				RUNNING CLUB							
	FUNCIONAL	2		S										
20:45			AQUADYNAMIC	P	AQUADYNAMIC	P	AQUADYNAMIC	P						
21:00			BAILES LATINOS AVZ				BAILES LATINOS AVZ							
21:00	TRX 30'	0	TRX 30'	0	TRX 30'	0	TRX 30'	0	TRX 30'	0				
21:30														

