

HORARIOS DE ACTIVIDADES

| HS. | LUNES | MARTES | MIÉRCOLES | 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 | | | |