

PROGRAMA DE CLASES COLECTIVAS Y ENTRENAMIENTOS PERSONALES

SALA POLIVALENTE

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|--------|----------------|----------------|----------------|----------------|--------------|--------------|
| 09:30h | PILATES SUS. | | TRX | | PILATES SUS. | |
| 10:30h | YOGA | CROSS TRAINING | YOGA | CROSS TRAINING | HIPOPRESIVOS | YOGA |
| 11:30h | | STEP | | BODY COMBAT | | PILATES SUS. |
| 17:00h | | PILATES SUS. | | TRX | | |
| 18:00h | CROSS TRAINING | | CROSS TRAINING | | | |
| 19:00h | BODY COMBAT | BODY TONO | STEP | BODY TONO | | |
| 20:00h | YOGA | TRX | YOGA | PILATES SUS. | YOGA | |
| 21:00h | PILATES SUS. | | TRX | | | |

SALA BOXING

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|--------|-------|--------|-----------|--------|---------|--------|
| 19:00h | | BOXEO | | | | |
| 20:00h | BOXEO | | BOXEO | | | |

SALA SPINNING Y CICLO

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|--------|----------|----------|-----------|----------|----------|----------|
| 09:30h | | SPINNING | | SPINNING | | |
| 10:30h | SPINNING | | SPINNING | | SPINNING | SPINNING |
| 17:00h | SPINNING | | SPINNING | | | |
| 18:00h | | SPINNING | | SPINNING | SPINNING | |
| 19:00h | | | | | | |
| 20:00h | SPINNING | | SPINNING | | | |
| 21:00h | | SPINNING | | SPINNING | | |

SALAS MUSCULACION - FITNESS

HORARIO PARA ENTRENAMIENTOS PERSONALES Y FITNESS GRUPOS (max. 5 personas): CITA PREVIA

| | LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|--------|---------|---------|-----------|---------|---------|---------|
| 10:00h | | | | | | FITNESS |
| 12:00h | FITNESS | FITNESS | FITNESS | FITNESS | FITNESS | |
| 13:00h | FITNESS | FITNESS | FITNESS | FITNESS | FITNESS | FITNESS |
| 14:00h | | FITNESS | | FITNESS | | |
| 18:00h | FITNESS | FITNESS | FITNESS | FITNESS | | |
| 19:00h | FITNESS | FITNESS | FITNESS | FITNESS | | |
| 20:00h | FITNESS | | FITNESS | | FITNESS | |
| 21:00h | | | | | FITNESS | |