

Horarios Clases Colectivas

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:05 - 7:50	CICLO	BODYPUMP	GLUTE TRAINING	CICLO	FUNCTIONAL TRAINING		
8:00 - 8:45		CICLO VIRTUAL		FUNCTIONAL TRAINING			
9:15 - 10:00	BODYPUMP	FUNCTIONAL TRAINING	PILATES	GLUTE TRAINING	BODYPUMP		
10:05 - 10:50	PILATES	CICLO	FUNCTIONAL TRAINING	CICLO VIRTUAL	PILATES	BODYPUMP	PILATES
11:00 - 11:45						CICLO	CICLO
						ZUMBA	YOGA
12:00 - 12:45						CORE TRAINING 15'	FUNCTIONAL TRAINING
14:15 - 15:00	CICLO	GLUTE TRAINING	BODYPUMP	PILATES	FUNCTIONAL TRAINING		
17:30 - 18:15	BODYPUMP	FUNCTIONAL TRAINING		YOGA	CICLO		
18:20 - 19:05	PILATES	CICLO	GLUTE TRAINING	PILATES	FUNCTIONAL TRAINING		
		BODYPUMP					
19:10 - 19:55	CICLO	CICLO	FUNCTIONAL TRAINING	BODYPUMP	PILATES		
	YOGA	PILATES					
20:00 - 20:45	CICLO	YOGA	CICLO	CICLO	ZUMBA		
	ZUMBA		ZUMBA				
20:50 - 21:35	FUNCTIONAL TRAINING	CICLO		GLUTE TRAINING			