

Horario Actividades

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
9:00h	9:00 / 50´ BIKE	9:00 / 45´ BIKE V	9:00 / 50´ BIKE	9:00 / 45´ BIKE V	9:00 / 50´ BIKE	
	9:15 / 40´ TOTAL BODY	9:15 / 50´ PILATES	9:30 / 50´ BODY STEP	9:15 / 50´ PUMP	9:15 / 50´ KOMBAT	
10:00h	10:15 / 50´ PUMP	10:30 / 50´ ZUMBA	10:30 / 30´ ABD/GAP	10:30 / 50´ PILATES CLÁSICO	10:15 / 50´ PUMP	
	10:30 / 50´ BIKE V	10:30 / 50´ BIKE	10:30 / 50´ BIKE V	10:30 / 50´ BIKE V		
11:00h	11:30 / 30´ CORE EXPRESS				10:45 / 45´ BIKE V	11:00 / 45´ BIKE V
12:00h		12:30 / 45´ BIKE V				12:15 / 45´ BIKE V
13:00h	13:00 / 45´ BIKE V		13:00 / 45´ BIKE V	13:00 / 45´ BIKE V		
14:00h		14:15 / 50´ BIKE V	14:30 / 50´ PUMP	14:30 / 45´ CORE EXPRESS		
	14:30 / 45´ BIKE V		14:30 / 45´ BIKE V	14:30 / 45´ BIKE V	14:30 / 45´ BIKE V	
16:00h	16:00 / 45´ BIKE V	16:30 / 45´ BIKE V	16:00 / 45´ BIKE V	16:30 / 45´ BIKE V	16:00 / 45´ BIKE V	
17:00h	17:00 / 50´ PILATES CLÁSICO		17:00 / 50´ PILATES CLÁSICO			
18:00h	18:00 / 50´ BIKE	18:00 / 50´ BIKE V	18:00 / 50´ BIKE	18:00 / 50´ BIKE		
	18:00 / 50´ ZUMBA	18:00 / 50´ PUMP	18:00 / 40´ TOTAL BODY	18:30 / 50´ PUMP	18:00 / 50´ PUMP	
19:00h	19:15 / 50´ BIKE	19:15 / 50´ BIKE	19:15 / 45´ BIKE	19:30 / 50´ BIKE	19:00 / 50´ BIKE	
	19:05 / 50´ PUMP	19:10 / 50´ BODY STEP	19:15 / 50´ PILATES		19:15 / 30´ CORE EXPRESS	
20:00h	20:15 / 50´ KOMBAT	20:00 BOXEO		19:45 / 50´ B. ACTIVO	20:05 / 50´ KOMBAT	
21:00h	21:00 / 45´ BIKE V	21:00 / 45´ BIKE V	21:00 / 45´ BIKE V	21:00 / 45´ BIKE V	21:00 / 45´ BIKE V	

SE RESERVA EL DERECHO DE MODIFICAR O CANCELAR CLASES Y MONITORES, MIN 3PERS/CLASE .HITTS´ S BOX MAX 20PERS