

Horario de actividades dirigidas

VIGENTE A PARTIR DEL 9 DE SEPTIEMBRE DE 2024

HORA	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:45	SALA 3		CICLO VIRTUAL		CICLO VIRTUAL			
8:00	SALA-FITNESS			KETTLEBELL				
8:30	SALA 1				PILATES			
8:30	SALA 2		A.C. FÍSICO					
8:30	SALA 3	CICLO INDOOR		CICLO INDOOR				
9:00	SALA-FITNESS	CORE	CORE	CORE	CORE	CORE		
9:00-9:20	SALA 1			HIPOPRESIVOS				
9:20	SALA 1	PILATES	ESPALDA SANA	PILATES				
9:20	SALA 2	BODY PUMP		BODY PUMP	A.C.FÍSICO			
9:20	SALA 3		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR		
9:30-10:15	SALA 1						ESPALDA SANA FAMILY	
10:00	SALA-FITNESS							
10:10	SALA 1	GLUTEBOOM	I.ZUMBA		I.BALANCE			
10:10	SALA 2		BODY PUMP	GLUTEBOOM	BODY PUMP	BODY PUMP		
10:10	SALA 3	CICLO INDOOR		CICLO INDOOR				
10:15	SALA 2						I.ZUMBA FAMILY	
10:20-10:50	SALA-FITNESS						CROSS FUNCIONAL	
10:30 - 11:00	SALA-FITNESS					CROSS FUNCIONAL		
10:30-10:50	SALA-FITNESS							KETTLEBELL
11:00-11:30	SALA-FITNESS							
11:00	SALA-FITNESS	CORE	CORE	CORE	CORE			
11:00	SALA 1	ESPALDA SANA	PILATES	ESPALDA SANA	I.ZUMBA	ESPALDA SANA		
11:00	SALA 2							
11:30	SALA-FITNESS							
11:00	SALA 3						CICLO FAMILY	CICLO FAMILY
12:00-12:15	SALA-FITNESS						CORE	
12:00	SALA 3	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL		
12:00-12:15	SALA-FITNESS							CORE
14:30-15:00	SALA-FITNESS				KETTLEBELL			
14:30	SALA 3		CICLO VIRTUAL					
14:30	SALA 2	BODY PUMP		BODY PUMP				
15:30	SALA 2		BODY PUMP					
15:30	SALA FITNESS			ESTIRAMIENTOS				
15:30	SALA 3				CICLO VIRTUAL			
15:30-16:00	SALA-FITNESS	KETTLEBELL						
16:30	SALA 3	CICLO VIRTUAL						
17:00	SALA-FITNESS	CORE	CORE	CORE	CORE			
17:00	S. MLTDPT	INACUA PEQUES	INACUA JUNIOR	INACUA PEQUES	INACUA JUNIOR			
17:00	SALA 3		CICLO VIRTUAL		CICLO VIRTUAL	CICLO VIRTUAL		
17:00	SALA 2			GLUTEBOOM FAMILY	ESPALDA SANA FAMILY			
17:00	SALA 1	COMBAT	PILATES FAMILY					
17:10-17:40	SALA 1				HIPOPRESIVOS			
17:50	SALA 3	CICLO INDOOR FAMILY		CICLO INDOOR FAMILY				
17:50	SALA 1	PILATES FAMILY	I.ZUMBA FAMILY		GLUTEBOOM FAMILY	ESPALDA SANA FAMILY		
17:50	SALA 2		A.C.FISICO FAMILY	BODY PUMP FAMILY	COMBAT			
18:00	SALA-FITNESS	CORE	CORE	CORE	CORE	CORE		
18:40	SALA 3		CICLO INDOOR			CICLO INDOOR		
18:40	SALA 2	BODY PUMP		A.C.FISICO	BODY PUMP			
18:40	SALA 1	I.ZUMBA	I.BALANCE	ESPALDA SANA	I.ZUMBA	I.ZUMBA		
19:00	SALA-FITNESS	CORE	CORE	CORE	CORE	CORE		
19:30	SALA 1	ESPALDA SANA	GLUTEBOOM	I.ZUMBA	I.BALANCE			
19:30-20:30	SALA 2	BOXEO		BOXEO				
19:30	SALA 2		COMBAT			BODY PUMP		
19:30	SALA 3	CICLO INDOOR		CICLO INDOOR	CICLO INDOOR			
20:00	SALA-FITNESS	CORE	CORE	CORE				
20:20	SALA 1	GLUTEBOOM		PILATES				
20:20	SALA 3		CICLO INDOOR			CICLO VIRTUAL		
20:30	SALA 2	A.C.FISICO						
20:20	SALA 2		BODY PUMP		A.C.FISICO			
21:10	SALA 1							
21:10	SALA 3	CICLO VIRTUAL						

● COREOGRAFIADAS
 ● CUERPO-MENTE
 ● AERÓBICAS
 ● TONIFICACIÓN
 ● INACUA PEQUES
 ● INACUA JUNIOR

Consulta aforo antes de venir a entrenar



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