

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	S3 45' CICLO INDOOR LEANDRO	S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 45' CICLO INDOOR LEANDRO	S3 45' CICLO INDOOR ANA	S3 45' CICLO INDOOR ISMAEL		
07:15		PS TRIATLON NACHO		PS TRIATLON NACHO			
08:00		S8 TRX 30' JOAQUÍN	S2 GUN-EX 30' JOAQUÍN	S8 TRX 30' ALVARO			
09:00	S2 GIMNASIA ACTIVA SONIA	S1 GIMNASIA ACTIVA SONIA		S2 GIMNASIA ACTIVA SONIA			
09:00	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA	S5 ESPALDA ESCUELA SONIA	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA		
09:30	S1 DANCE LEANDRO	S2 FUNCTIONAL TRAINING LEANDRO	S2 TOTAL TRAINING ALVARO	BOX FUNCTIONAL TRAINING (45min) ALVARO	S2 TOTAL TRAINING ISMAEL		
09:30	PS RUNNING AGUA DANI O		PS CIRCUIT AGUA DANI O		PS RUNNING AGUA HORACIO		
09:30	S6 REFORMER PILATES (BONOS) CRISTINA		S1 STEP LEANDRO	S1 DANCE IT ANA	S6 REFORMER PILATES (BONOS) CRISTINA		
09:30	S3 CICLO INDOOR C.VIRTUAL	SA DEFENSA PERSONAL FERNANDO	S6 REFORMER PILATES (BONOS) CRISTINA	SA DEFENSA PERSONAL FERNANDO			
10:00		S6 REFORMER PILATES (BONOS) TERE		S6 REFORMER PILATES (BONOS) CRISTINA	S4 YOGA HATHA (1h15m) GISELLE	S4 YOGA HATHA (1h30m) GISELLE	
10:15	S5 ESPALDA ESCUELA SONIA		S5 ESPALDA ESCUELA SONIA	S5 ESPALDA ESCUELA SONIA			
10:30	S2 PUMP BODY PABLO	S2 GIMNASIA ACTIVA SONIA	S2 PUMP BODY PABLO	S2 GUN-EX 45' ANA	S6 REFORMER PILATES (BONOS) CRISTINA		
10:30	S4 YOGA HATHA (1h15m) GISELLE						
10:30	S6 REFORMER PILATES (BONOS) CRISTINA	S1 BALANCE BODY PABLO	S6 REFORMER PILATES (BONOS) CRISTINA		S1 BALANCE BODY PABLO		
10:30		S3 CICLO INDOOR LEANDRO	S3 CICLO INDOOR JOAQUÍN	S3 CICLO INDOOR PABLO	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR DANIEL	S3 CICLO INDOOR ISMAEL
11:00		S6 REFORMER PILATES (BONOS) CRISTINA		S6 REFORMER PILATES (BONOS) CRISTINA			
11:15	S5 ESPALDA ESCUELA SONIA			S5 ESPALDA ESCUELA SONIA			
11:30						S2 PUMP BODY DANIEL	S2 TOTAL TRAINING ISMAEL
11:30						S1 ZUMBA FITNESS 1H 30' ANDRES	
12:00						S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 VIRTUAL CICLO INDOOR C.VIRTUAL
12:30							
12:40						S2 30' ABD FERNANDO	
14:00	S2 30' ABD ISMAEL	S6 REFORMER PILATES (BONOS) DANI	S2 30' ABD ISMAEL				
14:15	PS TRIATLON 1H 30' NACHO	PS NADADOR CLUB CARLOS	PS TRIATLON 1H 30' NACHO	PS NADADOR CLUB AURORA			
14:15				OUT TRIATLON ATLETISMO 1H 30' TERE			
14:30	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ANA	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ISMAEL	S5 BALANCE BODY ANA		
14:30	OUT CLUB CORREDOR TERESA	S2 CIRCUIT TRAINING ISMAEL	OUT CLUB CORREDOR TERESA	S2 PUMP BODY ANA			
14:30	S1 COMBAT BODY ANA	S5 BALANCE BODY PABLO					
14:30			S4 YOGA FANI				
15:30							
					PS TRIATLON 1H 30' NACHO		

LEYENDA

coreográficas	reformer bonos
alta intensidad	tonificación
acuáticas	terapéuticas
aeróbicas	tarificación adicional
	cuerpo y mente

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
17:30	SA KARATE INFANTIL FERNANDO M.		SA KARATE INFANTIL FERNANDO M.				
17:30	S5 HIPOPRESIVOS ABDOMINALES (30m) FANI						
18:00	S2 30' GAP ISMAEL	S3 VIRTUAL CICLO INDOOR		S1 STEP LEANDRO			
18:00	S1 FS RITMOS LEANDRO	S6 REFORMER PILATES (BONOS) FANI		S2 45' GLUTE HITT DANIEL			
18:00	S6 REFORMER PILATES (BONOS) FANI			S3 VIRTUAL CICLO INDOOR			
18:30	SA KARATE JUVENIL FERNANDO M.		SA KARATE JUVENIL FERNANDO M.		S2 TRAINING FUNCTIONAL LEANDRO		
18:30					SA KARATE JUVENIL FERNANDO M.		
18:30	S2 30' ABD ISMAEL				S5 BALANCE MOBILITY DANIEL		
18:30							
19:00	PS AQUAFIT ANDREA	S3 CICLO INDOOR ISMAEL	PS RUNNING AQUA CARLOS	S7 ZUMBA LEANDRO			
19:00	S2 FUNCTIONAL TRAINING ISMAEL	S6 REFORMER PILATES (BONOS) FANI	S2 PUMP BODY ANA	S1 COMBAT 45' BODY DANIEL			
19:00	S5 PILATES MATWORK FANI	S5 PILATES MATWORK SONIA	S1 30' GAP BODY FERNANDO	S5 PILATES MATWORK ELENA			
19:00	S1 COMBAT BODY ANA	S2 EXTREME TRAINING DANIEL	S5 BALANCE BODY FANI	S2 EXTREME TRAINING ISMAEL			
19:00	S4 HATHA YOGA GISELLE	S1 ZUMBA ANA	S3 CICLO INDOOR ISMAEL	S3 VIRTUAL CICLO INDOOR			
19:00	S3 CICLO INDOOR LEANDRO		S4 HATHA YOGA GISELLE	OUT TRIATLON NACHO	S1 ZUMBA TH 30M LINA		
19:30					SA KARATE ADULTOS FERNANDO M.		
19:30	SA KARATE ADULTOS FERNANDO M.		SA KARATE ADULTOS FERNANDO M.		S3 CICLO INDOOR LEANDRO		
19:30			S1 30' ABD BODY FERNANDO				
19:45	PS TRIATLON NACHO		PS TRIATLON NACHO		S2 45' GLUTE HITT DANIEL		
20:00	S3 CICLO INDOOR ANA	S3 CICLO INDOOR VIRTUAL	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR FERNANDO			
20:00	S5 HIPOPRESIVOS ABDOMINALES 45' FANI	S6 REFORMER PILATES (BONOS) FANI	S6 REFORMER PILATES (BONOS) FANI	PS AQUAFIT LIDIA			
20:00	S4 HATHA YOGA GISELLE	PS AQUAFIT JOAQUÍN	S1 ZUMBA (TH) LINA	S2 PUMP BODY LEANDRO			
20:00		S2 PUMP BODY DANIEL	S5 PILATES MATWORK ELENA	SA MUAYTHAI ISMAEL			
20:00		SA BOXEO ISMAEL	S1 COMBAT TOTAL DANIEL				
20:00	S1 ZUMBA LINA	S5 PILATES MATWORK SONIA	S4 HATHA YOGA GISELLE				
20:00		S1 COMBAT BODY ANA					
20:15							
20:30							
21:00	S5 PILATES MATWORK FANI		S5 PILATES MATWORK FANI				

LEYENDA

coreográficas	reformer bonos
alta intensidad	tonificación
acuáticas	terapéuticas
aeróbicas	tarificación adicional
	cuerpo y mente

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX GYMNASTICS FS CROSS+ OPEN	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS		
08:30							
09:30	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS		BOX FS CROSS	BOX FS CROSS + OPEN CROSS		
10:00							
10:30			BOX FS CROSS + OPEN CROSS	BOX OPEN CROSS			
11:00						BOX FS CROSS	
12:00						BOX FS CROSS + OPEN CROSS	
14:30	BOX OPEN CROSS	BOX OPEN CROSS	BOX OPEN CROSS	BOX GYMNASTICS FS CROSS+ OPEN	BOX OPEN CROSS		
14:30	BOX FS CROSS	BOX FS CROSS	BOX FS CROSS		BOX FS CROSS		
17:30							
18:30	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX WEIGHTLIFTING FS CROSS+ OPEN		
19:30	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS + OPEN CROSS		
20:30	BOX FS CROSS		BOX FS CROSS	BOX FS CROSS			
20:30	BOX OPEN CROSS		BOX OPEN CROSS	BOX OPEN CROSS			

FUERZA FLEXIBILIDAD
RESISTENCIA
VELOCIDAD | EQUILIBRIO | COORDINACIÓN
AGILIDAD Y POTENCIA