

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:15 - 08:05	S2	GAP 50´		BODY PUMP		HIIT SERIES		
	SC	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL		
08:05 - 08:55	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL		
08:15 - 08:30	SF		ABDOMINALES 15´		ESTIRAMIENTOS 15´	RADIKAL 15´		
09:00 - 09:50	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
09:30 - 09:45	SF	GAP 15´	ABDOMINALES 15´	GAP 15´	RADIKAL 15´	ABDOMINALES 15´	ABDOMINALES 15´	RADIKAL 15´
10:00 - 10:50	SC	CYCLING	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CYCLING	CYCLING	CYCLING
	S3		BODY COMBAT		PILATES	STRETCHING		
	S2	ZUMBA	PILATES	ZUMBA	BODY PUMP	STRONG	BODY PUMP	
10:30 - 10:45	SF	ESTIRAMIENTOS 15´	GAP 15´	RADIKAL 15´	DST 15´		RADIKAL 15´	
11:00 - 11:50	S2	BODY PUMP	GLAM DANCE	BODY ATTACK	GLAM DANCE	BODY PUMP	BODY COMBAT	ZUMBA
	DC			DUET CAMP		DUET CAMP		
	S3	BODY BALANCE	SENIOR	STRETCHING	SENIOR	GAP 50´		
	SC	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CICLO VIRTUAL	CYCLING
11:30 - 11:45	SF	RADIKAL 15´		ABDOMINALES 15´		GAP 15´		
12:00 - 12:50	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
	S3		PILATES	YOGA	PILATES			
	S2	GAP 50´	BODY PUMP		BODY COMBAT	ZUMBA	BOXEO	BODY BALANCE
12:30 - 12:45	SF		RADIKAL 15´	ESTIRAMIENTOS 15´		DST 15´		
13:00 - 13:50	S3	ESPALDA SANA		ESPALDA SANA				
	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
13:30 - 13:45	SF					ABDOMINALES 15´	ABDOMINALES 15´	ABDOMINALES 15´
14:30 - 15:20	SC	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CYCLING	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
	S2	HIIT SERIES		BODY PUMP		BODY COMBAT		
15:30 - 16:20	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
16:30 - 17:20	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
17:00 - 17:15	SF	GAP 15´	DST 15´	RADIKAL 15´	ESTIRAMIENTOS 15´	ABDOMINALES 15´	ABDOMINALES 15´	
17:30 - 18:20	S3	STEP	YOGA	GAP 50´	BODY COMBAT	GAP 50´		
	S2	PILATES	GAP 50´	BODY ATTACK	BODY PUMP	GLAM DANCE		
	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL
	DC			DUET CAMP				
18:00 - 18:15	SF	ABDOMINALES 15´	GAP 15´	ABDOMINALES 15´	RADIKAL 15´	DST 15´		
18:00 - 18:50	S2						BODY PUMP	
18:30 - 19:20	S2	BODY ATTACK	BODY PUMP	BODY COMBAT	STEP	BODY PUMP		
	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
	S3	GAP 50´	BODY BALANCE	GLAM DANCE	ZUMBA	YOGA		
	DC		DUET CAMP			DUET CAMP		
19:00 - 19:15	SF	RADIKAL 15´	ABDOMINALES 15´	DST 15´	ABDOMINALES 15´	GAP 15´		
19:00 - 19:50	SC						CYCLING	CICLO VIRTUAL

19:30 - 20:20	S3	ZUMBA	HIIT SERIES	PILATES	BODY BALANCE	PILATES		
	S2	BODY COMBAT	STEP	BODY PUMP	HIIT SERIES	BODY COMBAT		
	SC	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING		
	OUT		RUNNERS		RUNNERS			
	DC	DUET CAMP		DUET CAMP				
20:00 - 20:15	SF		ESTIRAMIENTOS 15'	GAP 15'			ESTIRAMIENTOS 15'	
20:30 - 21:20	S3	PILATES	BOXEO	BODY BALANCE	BOXEO			
	SC	CYCLING	CYCLING	CYCLING	CYCLING	CICLO VIRTUAL		
	DC		DUET CAMP		DUET CAMP			
	S2	BODY PUMP	ZUMBA	STRONG	BODY ATTACK	ZUMBA		
21:00 - 21:15	SF	ESTIRAMIENTOS 15'		ESTIRAMIENTOS 15'		ESTIRAMIENTOS 15'		
21:30 - 22:00	S2	BODY ATTACK	BODY COMBAT	BODY PUMP				
21:30 - 22:20	SC	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL		