

# Horarios de clases



Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
7:00h - 8:00h	<b>CYCLING</b> Oscar		<b>CYCLING</b> Oscar		<b>CYCLING</b> Oscar		
7:45h - 8:45h	<b>STUDIO VIP50</b> IBIZA Jessy	<b>STUDIO VIP50</b> IBIZA Paula	<b>STUDIO VIP50</b> IBIZA Jessy	<b>STUDIO VIP50</b> IBIZA Paula	<b>STUDIO VIP50</b> IBIZA Jessy		
8:00h - 8:45h	<b>CROSS TRAINING</b> Paula		<b>CROSS TRAINING</b> Paula		<b>CROSS TRAINING</b> Paula		
8:00h - 9:30h						<b>RIDE CYCLING 90'</b> Oscar	
9:00h - 9:30h	<b>ABS</b> Paula		<b>ABS</b> Paula		<b>ABS</b> Paula		
9:00h - 9:50h	<b>YOGA</b> Mica		<b>YOGA</b> Mica		<b>YOGA</b> Mica		
9:00h - 10:00h		<b>TOTAL BODY</b> Paula		<b>TRX</b> Paula			
9:30h - 10:30h	<b>PILATES</b> Paula		<b>TOTAL BODY</b> Paula		<b>GAP</b> Paula		
10:00h - 11:00h		<b>TRX</b> Paula		<b>TABATA</b> Paula			
10:00h - 10:50h	<b>STUDIO VIP50</b> IBIZA	<b>STUDIO VIP50</b> IBIZA	<b>STUDIO VIP50</b> IBIZA	<b>STUDIO VIP50</b> IBIZA	<b>STUDIO VIP50</b> IBIZA		
10:00h - 11:45h						<b>INDOOR BOOTCAMP</b> Oscar	
11:00h - 12:00h	<b>HYROX</b> Jessy		<b>HYROX</b> Jessy		<b>HYROX</b> Jessy		
11:30h - 12:00h							
12:00h - 13:00h	<b>TOTAL BODY</b> Paula	<b>GAP</b> Paula	<b>PILATES</b> Paula	<b>GAP</b> Paula	<b>TABATA</b> Paula		
13:00h - 14:30h							
14:00h - 15:00h							
15:00h - 16:00h							
17:00h - 17:50h	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Lidia		
17:15h - 18:00h							
17:00h - 17:50h	<b>CYCLING</b> Oscar	<b>GAP</b> Oscar	<b>TRX</b> Oscar	<b>CYCLING</b> Oscar			
18:00h - 19:00h							
18:00h - 18:50h	<b>PILATES</b> Lidia	<b>HIIT</b> Lidia	<b>TOTAL BODY</b> Lidia	<b>SEXY STYLE</b> Lidia	<b>ZUMBA</b> Lidia		
19:00h - 19:50h	<b>STUDIO VIP50</b> IBIZA Oscar	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Oscar	<b>STUDIO VIP50</b> IBIZA Lidia	<b>STUDIO VIP50</b> IBIZA Oscar		
19:00h - 19:50h	<b>ZUMBA</b> Lidia	<b>CYCLING</b> Oscar	<b>PILATES</b> Lidia	<b>CYCLING</b> Oscar	<b>TOTAL BODY</b> Lidia		
20:00h - 20:50h	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar	<b>CYCLING</b> Oscar			