

Horarios de clases



Hora	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
6:00h - 8:00h						RUNNING	
						Oscar	
6:20h - 7:30h		RUNNING		RUNNING			
		Oscar		Oscar			
7:00h - 8:00h	CYCLING		CYCLING		CYCLING	BOOTCAMP*	Oscar (consultar días y horarios)*
	Virtual		Oscar		Oscar	Oscar	
7:45h - 8:45h							
	Jessy	Oscar	Jessy	Oscar	Paula		
9:00h - 9:30h	ABS		ABS		ABS		
	Paula		Paula		Paula		
9:00h - 9:50h	YOGA		YOGA		YOGA	CYCLING	
	Mica		Mica		Mica	Oscar	
9:00h - 10:00h		TOTAL BODY		TRX			
		Paula		Paula			
9:30h - 10:30h	PILATES		TOTAL BODY		GAP		
	Paula		Paula		Paula		
10:00h - 11:00h		TRX		TABATA			
		Paula		Paula			
10:00h - 10:50h							
	Mica	Oscar	Mica	Oscar	Mica	Oscar	
10:00h - 10:50h							
11:00h - 12:00h	HYROX	HYROX	HYROX	HYROX	HYROX		
	Jessy	Jessy	Jessy	Jessy	Jessy		
11:30h - 12:00h							
12:00h - 13:00h	TOTAL BODY	PILATES	PILATES	GAP	TABATA		
	Paula	Paula	Paula	Paula	Paula		
13:00h - 14:30h							
14:00h - 15:00h							
15:00h - 16:00h							
17:00h - 17:50h							
	Lidia	Lidia	Lidia	Lidia	Lidia		
17:15h - 18:00h							
17:00h - 17:50h	CYCLING	GAP	TRX	CYCLING			
	Oscar	Oscar	Oscar	Oscar			
18:00h - 19:00h							
18:00h - 18:50h	PILATES	HIIT	TOTAL BODY	SEXY STYLE	ZUMBA		
	Lidia	Lidia	Lidia	Lidia	Lidia		
19:00h - 19:50h							
	Oscar	Lidia	Oscar	Lidia	Oscar		
19:00h - 19:50h	ZUMBA	CYCLING	PILATES	CYCLING	TOTAL BODY		
	Lidia	Oscar	Lidia	Oscar	Lidia		
20:00h - 20:50h	CYCLING	CYCLING	CYCLING	CYCLING			
	Virtual	Oscar	Virtual	Oscar			

*CONSULTAR EN RECEPCIÓN