

Horarios de clases



| Hora | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado | Domingo |
|-----------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|---------------------------|----------------------------------------------|
| 6:30h - 7:15h | | RUNNING Oscar | | RUNNING Oscar | | | |
| 7:00h - 7:45h | CYCLING Virtual | CYCLING Virtual | CYCLING Virtual | CYCLING Virtual | CYCLING Virtual | BOOTCAMP* Oscar | Oscar (consultar días, horarios y duración)* |
| 7:00h - 7:45h | RUNNING Oscar | | RUNNING Oscar | | RUNNING Oscar | RUNNING Oscar | |
| 7:45h - 8:35h | Oscar | Oscar | Jessy | Oscar | Paula | | |
| 9:00h - 9:30h | ABS Paula | | ABS Paula | | ABS Paula | | |
| 9:00h - 9:45h | YOGA Mica | | YOGA Mica | | YOGA Mica | CYCLING Oscar | |
| 9:00h - 9:45h | | TOTAL BODY Paula | | TRX Paula | | | |
| 9:30h - 10:15h | PILATES Paula | | TOTAL BODY Paula | | GAP Paula | | |
| 10:00h - 10:45h | | TRX Paula | | TABATA Paula | | | |
| 10:00h - 10:50h | Mica | Oscar | Mica | Oscar | Mica | Oscar | |
| 11:00h - 12:00h | HYROX Mica | HYROX Mike | HYROX Mica | HYROX Mike | HYROX Mica | | |
| 12:00h - 12:45h | TOTAL BODY Paula | PILATES Paula | PILATES Paula | GAP Paula | TABATA Paula | | |
| 14:00h - 15:00h | Jessy | | | | | | |
| 17:00h - 17:50h | Lidia | Lidia | Lidia | Lidia | Lidia | | |
| 17:00h - 17:45h | CYCLING Oscar | GAP Oscar | TRX Oscar | CYCLING Oscar | | | |
| 18:00h - 19:00h | HYROX Mica | | | HYROX Mica | | | |
| 18:00h - 18:45h | PILATES Lidia | HIIT Lidia | TOTAL BODY Lidia | SEXY STYLE Lidia | ZUMBA Lidia | | |
| 19:00h - 19:50h | Oscar | Lidia | Oscar | Lidia | Mica | | |
| 19:00h - 19:45h | ZUMBA Lidia | CYCLING Oscar | PILATES Lidia | CYCLING Oscar | TOTAL BODY Lidia | | |
| 20:00h - 20:45h | CYCLING Virtual | CYCLING Oscar | CYCLING Virtual | CYCLING Oscar | | | |

*CONSULTAR EN RECEPCIÓN. LOS HORARIOS Y PROFESORES PUEDEN ESTAR SUJETOS A CAMBIOS SIN PREVIO AVISO.