



HORARIO DE ACTIVIDADES

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
9.00	BIKE VIRTUAL	09.00	BIKE VIRTUAL	09.00	BIKE VIRTUAL	09.00	BIKE VIRTUAL	09.00	BIKE VIRTUAL
10.30	PILATES	10.30	PILATES	9.45	CORE 360 VIRTUAL	10.30	PILATES	10.30	
11.15	GAP	11.30	BODY PUMP VIRTUAL	10.30	PILATES	11.15	SNERGY	11.15	BIKE VIRTUAL
11.45	FLEX	12.15	CORE VIRTUAL	11.15	GAP	11.45	YOGA	10.45	
12.30	CORE 360	12.45	SYNERGY	11.45	FLEX	12.30	BODY PUMP VIRTUAL	12.00	
14.00	BODY PUMP VIRTUAL	14.00	3.COMBAT VIRTUAL	14.00	BIKE VIRTUAL	14.00	BURN VIRTUAL	14.00	BIKE VIRTUAL
15.00		15.00		15.00		15.00		15.00	
16.00		16.00		16.00		16.00		16.00	
18.45	PILATES	18.30	GAP	18.30	GAP	18.30	BODY PUMP	19.00	
19.30	GAP	19.00	PILATES	19.00	BODY PUMP	19.15	PILATES	20.00	
20.00	BURN	19.45	BODY PUMP	19.45	CORE 360	20.00	SYNERGY	21.00	
20.30	CORE 360	20.30	CORE 360	20.00	YOGA	20.30	CORE 360	21.00	
20.45	FLEX	20.45	FLEX	20.45	FLEX	20.45	FLEX	21.00	