



HORARIO DE ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
09.30	CROSSTRaining	09.30	SYNRGY 360	09.30	CROSSTRaining	09.30	SYNRGY 360	09.30	SYNRGY 360
10.00	CORE	10.00	PILATES	10.00	CORE	10.00	PILATES	10.00	CORE
10.30	FLEX			10.30	FLEX			10.45	FLEX
13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL
14.30	SYNRGY 360			14.30	SYNRGY 360				
15.00	CORE			15.00	CORE				
18.00	CROSSTRaining	18.00	SYNRGY 360	18.00	CROSSTRaining	18.00	SYNRGY 360		
18.30	CORE I	18.30	CORE II	18.30	CORE III	18.30	CORE IV		
18.45	FLEX	18.45	FLEX	18.45	FLEX	18.45	FLEX		
19.00	SYNRGY 360	19.00	BAND FB	19.00	SYNRGY 360	19.00	BAND FB		
19.00	BURN	19.00		19.00	BURN	19.00			
19.30	GAP	19.30	CORE	19.30	GAP	19.30	CORE		
20.00	SYNRGY 360	20.00	CROSSTRaining	20.00	SYNRGY 360	20.00	CROSSTRaining		
20.30		20.30	ZUMBA	20.30		20.30	BIKE VIRTUAL		
20.30	CORE I	20.30	CORE II	20.30	CORE III	20.30	CORE IV		