



LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
09.00	BIKE VIRTUAL	09.00	CORE 360 VIRTUAL	09.00	GAP VIRTUAL	09.00	FLEX VIRTUAL	09.00	BIKE VIRTUAL
9.30	PILATES	9.30	BODY PUMP	9.30	BIKE	9.30	GLUTE&DANCE	9.30	BODY PUMP
10.15	GAP	10.15	YOGA	10.15	CORE 360	10.15	PILATES	10.15	CORE 360
10.45	FLEX VIRTUAL	11.00	BURN VIRTUAL	10.45	FLEX	11.00	BIKE VIRTUAL	10.45	FLEX
11.30	XTREMEFIT VIRTUAL	11.30	BIKE VIRTUAL	11.15	PILATES VIRTUAL	12.00	CORE 360 VIRTUAL	11.15	XTREMEFIT VIRTUAL
14.30	CORE 360 VIRTUAL	14.30	PILATES VIRTUAL	14.30	BIKE VIRTUAL	14.30	BURN VIRTUAL	14.30	YOGA VIRTUAL
15.00		15.00		15.00		15.00		15.00	
16.00		16.00		16.00		16.00		16.00	
18.00	BIKE VIRTUAL	18.00	GAP VIRTUAL	18.00	CORE 360 VIRTUAL	18.00	BIKE VIRTUAL	19.00	
19.00	PILATES	18.45	YOGA	19.00	BIKE	19.00	PILATES	20.00	
19.45	GAP	19.30	GLUTE&DANCE	19.45	GAP	19.45	XTREMEFIT	21.00	
20.15	BODY PUMP	20.15	BODY COMBAT	20.15	BODY PUMP	20.30	CORE 360	21.00	
21.00	XTREMEFIT VIRTUAL	21.00	BIKE VIRTUAL	21.00	FLEX VIRTUAL	20.45	FLEX	21.00	