



HORARIO DE ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
08.00	BIKE VIRTUAL	08.00	BIKE VIRTUAL	08.00	BIKE VIRTUAL	08.00	BIKE VIRTUAL	08.00	BIKE VIRTUAL
09.00		09.00		09.00		09.00			
09.30	HIIT	09.30	SYNRGY 360	09.30	HIIT	09.30	SYNRGY 360	10.00	BIKE VIRTUAL
10.15	CORE	10.00	PILATES	10.15	CORE	10.00	PILATES		
13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL
17.00	BIKE VIRTUAL			17.00	BIKE VIRTUAL				
		17.30	HIIT			17.30	HIIT		
18.00	HIIT			18.00	HIIT				
18.30	CORE	18.30	PILATES	18.30	CORE	18.30	PILATES		
19.00	HIIT			19.00	HIIT				
19.00	SYNRGY 360			19.00	SYNRGY 360				
19.30	CORE	19.30	HIIT	19.30	CORE	19.30	HIIT		
20.00	SYNRGY 360			20.00	SYNRGY 360				
20.30	CORE	20.30	CORE	20.30	CORE	20.30	CORE		
20.45	FLEX	20.45	FLEX	20.45	FLEX	20.45	FLEX		



HORARIO DE ACTIVIDADES DIRIGIDAS

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD	HORA	ACTIVIDAD
07.00	SMALL GROUP TRAINING	07.00	BIKE VIRTUAL	07.00	SMALL GROUP TRAINING	07.00	BIKE VIRTUAL	08.00	BIKE VIRTUAL
08.00	BIKE VIRTUAL	08.00	SMALL GROUP TRAINING	08.00	BIKE VIRTUAL	08.00	SMALL GROUP TRAINING		BIKE VIRTUAL
09.00	HIIT	09.00	CROSSTRaining	09.00	HIIT	09.00	CROSSTRaining		BIKE VIRTUAL
10.00	SMALL GROUP TRAINING	10.00	PILATES	10.00	SMALL GROUP TRAINING	10.00	PILATES		BIKE VIRTUAL
13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL	13.00	BIKE VIRTUAL		
14.15	HIIT	14.30	CROSSTRaining	14.15	HIIT	14.30	CROSSTRaining		
17.00	SMALL GROUP TRAINING	17.00	SMALL GROUP TRAINING	17.00	SMALL GROUP TRAINING	17.00	SMALL GROUP TRAINING		
18.00	CROSSTRaining	18.00	SYNRGY 360	18.00	CROSSTRaining	18.00	SYNRGY 360		
18.30	CORE	18.30	PILATES	18.30	CORE	18.30	PILATES		
19.00	HIIT	19.00	CROSSTRaining	19.00	HIIT	19.00	CROSSTRaining		
20.00	SMALL GROUP TRAINING	20.00	SMALL GROUP TRAINING	20.00	SMALL GROUP TRAINING	20.00	SMALL GROUP TRAINING		
20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360	20.00	SYNRGY 360		
20.30	CORE	20.30	CORE	20.30	CORE	20.30	CORE		
21.00	BIKE VIRTUAL	21.00	BIKE VIRTUAL	21.00	BIKE VIRTUAL	21.00	BIKE VIRTUAL		