

HORARIO de ACTIVIDADES A PARTIR DEL 7 DE ENERO DE 2.026

		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	
07:15 - 12:00	07:30-8:00	HIIT						
	08:00 - 08:45	CROSS Sala 2	FIT-BOX Sala 2	CICLO INDOOR Sala Ciclo	STEP Sala 2			
	09:30 - 10:15	CICLO INDOOR Sala 3	EQUILIBRATE Sala 4	PILATES Sala 4	EQUILIBRATE Sala 4	PILATES Sala 4		
	10:30-11:15	A TONO Sala 2	FUNCIONAL TERRAZA FITNESS	EQUILIBRATE Sala 4	FUNCIONAL TERRAZA FITNESS	EQUILIBRATE Sala 4		
		10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:00	10:00-10:30	
						STRETCHING Sala cuida-T	HIIT	
			11:30-12:00				11:00 - 11:45	
			HIIT			HIIT	CICLO INDOOR Sala 3	
*Ultima sesión del mes VIRTUAL								
14:00-22:00	14:00-14:45	CICLO INDOOR Sala 3						
			MEDIO					
			FUNCIONAL Sala 2		EQUILIBRATE Sala 4	CICLO VIRTUAL Sala 3	A TONO Sala 2	
	15:15 - 15:45	CORE						
			15:30 - 16:15					
			AQUA GYM		PERFECCIO- NAMIENTO	AQUA GYM	PERFECCIO- NAMIENTO	
	17:00 - 17:45	CROSS						
		CICLO INDOOR Sala 3		FUNCIONAL Sala 2				
	18:00 - 18:45	PILATES Sala 4						
			STEP Sala 2		STEP Sala 2			
			FIT-BOX Sala 2		STEP Sala 2			
	19:00 - 19:45	FUNCIONAL Sala 4						
		DANCE Sala 2						
		CROSS Sala 2						
20:00 - 20:45	PILATES Sala 4							
		DANCE Sala 2						
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