

# HORARIO DE ACTIVIDADES COLECTIVAS

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	SALA	HORARIO
8:00 - 9:00	1			STRENGTH ●●		H&C **			1	8:00 - 9:00
8:00 - 9:00	2		SPINN ●●●		SPINN ●●●				2	8:00 - 9:00
9:00 - 10:00	1		FITNESS ***		PILATES *	BATUKA ***			1	9:00 - 10:00
9:00 - 10:00	2	SPINN ●●●		SPINN ●●●					2	9:00 - 10:00
9:45 - 10:45	2		PILATES * C		PILATES * C				2	9:45 - 10:45
10:00 - 11:30	1		YOGA **		YOGA **				1	10:00 - 11:30
10:00 - 11:00	2	PILATES ** C		PILATES ** C					2	10:00 - 11:00
10:30 - 11:30	1	STRENGTH ●●●				H&C **			1	10:30 - 11:30
10:30 - 11:30	SPA	AQUAGYM **		AQUAGYM **		AQUAGYM **			SPA	10:30 - 11:30
10:45 - 11:45	2		SPINN ●		SPINN ●				2	10:45 - 11:45
11:00 - 12:30	1						YOGA **		1	11:00 - 12:30
11:00 - 12:00	1							PILATES *	1	11:00 - 12:00
11:00 - 12:00	2	PILATES ** C		PILATES ** C					2	11:00 - 12:00
11:15 - 12:00	SPA								SPA	11:15 - 12:00
11:30 - 12:30	1				LATINO **				1	11:30 - 12:30
11:45 - 12:15	2		ABD/ST *		ABD/ST *				2	11:45 - 12:15
12:00 - 13:00	2	PILATES *					SPINN ●●●	SPINN ●●●	2	12:00 - 13:00
13:00 - 14:00	1						ABD/ST *	ABD/ST *	1	13:00 - 14:00
14:30 - 15:30	1	STRENGTH ●●●	H & C **	FITNESS ***	PILATES *	WELLNESS ***			1	14:30 - 15:30
14:30 - 15:30	2	SPINN ●●●	SPINN ●●●	SPINN ●●●	SPINN ●●●				2	14:30 - 15:30
15:30 - 16:30	1	PILATES *		YOGA **					1	15:30 - 16:30
16:00 - 17:00	1								1	16:00 - 17:00
18:30 - 19:00	1								1	18:30 - 19:00
18:30 - 19:30	2								2	18:30 - 19:30
19:00 - 20:00	1	STRENGTH ●●●	FITNESS **	STRENGTH ●●●					1	19:00 - 20:00
19:00 - 20:00	2	PILATES *		PILATES *		SPINN ●●●			2	19:00 - 20:00
19:00 - 20:00	SPA	AQUAGYM **		AQUAGYM **	AQUAGYM **				SPA	19:00 - 20:00
20:00 - 20:30	2		ABD/ST *						2	20:00 - 20:30
20:00 - 21:00	1	BATUKA **	PILATES ** C						1	20:00 - 21:00
20:00 - 21:00	2	SPINN ●●●		SPINN ●●●	PILATES ** C				2	20:00 - 21:00
20:30 - 21:30	2		YOGA **						2	20:30 - 21:30
21:00 - 22:00	1	PILATES ** C		PILATES ** C	YOGA **				1	21:00 - 22:00
21:00 - 22:00	1		LATINO **		LATINO **				1	21:00 - 22:00



CARDIO

STRENGTH

ZEN

FORMATO DE CLASE

NIVEL DE INTENSIDAD

BAJO \*

MEDIO \*\*

ALTO \*\*\*

ACTIVIDAD CON CUOTA ADICIONAL C

