

HORARIO CLASES COLECTIVAS HUMANES

MAÑANA

HORA	MINS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
9:30	50'	BODY PUMP	PILATES	ZUMBA	CICLO INDOOR	BODY BALANCE	
10:30	50'	CICLO INDOOR	BODY COMBAT	BODY PUMP	PILATES	ZUMBA	
11:00	50'						BODY PUMP
11:30	50'		GAP	MAYORES	BODY COMBAT		
11:30	20'	ABDOMEN				ABDOMEN	
12:00	50'						CICLO INDOOR
12:30	20'			ABDOMEN			
12:30	30'		HIIT		HIIT		
14:30	50'	BODY PUMP	CICLO	BODY COMBAT	ZUMBA	PILATES	

TARDE

HORA	MINS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
17:30	50'		GAP		PILATES		
18:00	20'	ABDOMEN		ABDOMEN		ABDOMEN	
18:00	30'		HIIT		HIIT		
18:30	50'	BODY PUMP	BODY BALANCE	BODY COMBAT	FUNCIONAL	ZUMBA	
18:30	50'	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	
19:00	20'		ABDOMEN		ABDOMEN		
19:30	50'	ZUMBA	BODY PUMP	PILATES	BODY COMBAT	BODY BALANCE	
19:30	50'	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
20:30	50'	PILATES	BODY COMBAT	ZUMBA	BODY PUMP		
20:00	30'	HIIT		HIIT			
20:30	50'		CICLO INDOOR		CICLO INDOOR		
20:30	20'	ABDOMEN		ABDOMEN			