

HORARIO DE ACTIVIDADES DIRIGIDAS ENERO 2019 / CLASS SCHEDULE JANUARY 2019

	LUNES/ MONDAY	MARTES/ TUESDAY	MIÉRCOLES/ WEDNESDAY	JUEVES/ THURSDAY	VIERNES/ FRIDAY	SÁBADO/ SATURDAY	DOMINGO/ SUNDAY	FESTIVOS / PUBLIC HOLIDAYS
07.30	BODY PUMP 50'	TRX & CORE 50'		CROSS TRAINING 50'	SWIMMING 50'			07.30
08.30	SWIMMING 50'	PILATES 50'	SWIMMING 50'		SWIMMING 50'			08.30
	CROSS TRAINING 50'	GAP 50'	CROSS TRAINING 50'	FIT PILATES 50'	CROSS TRAINING 50'			
09.00	HYPOPRESSURE 30'*		HYPOPRESSURE 30'* BEGINNERS YOGA 75'	YOGA 75'	HYPOPRESSURE 30'*	YOGA 75'		09.00
	CYCLING 50'	CYCLING 50'	CYCLING 50'	GAP 50'	PILATES 50'		BODY PUMP 50'	
09.30	SWIMMING 50'	BODY BALANCE 50'	SWIMMING 50'	CYCLING 50'	CYCLING 50'	CYCLING 50'		YOGA 75'
	YOGA 75'		AEROBICS 50'		YOGA 75'			CYCLING 50'
	STEP 50'		TAI CHI 50'		SWIMMING 50'			
	PILATES MACHINES*							
10.00							HIIT 20'	10.00
10.30	PILATES 50'	YOGA 75'	BODY PUMP 50'	DANCE 50'	BODY PUMP 50'	BODY PUMP 50'	TRX & CORE 50'	10.30
	TRX & CROSS 50'	TBC 50'	PILATES 50'	FIT PILATES 50'	PILATES MACHINES*	CROSS TRAINING 50'		
11.30		PILATES MACHINES*		SWIMMING 50'		HEALTHY BACK 50'	HEALTHY BACK 50'	11.30
	STRETCHING 50'	FIT PILATES 50'	DANCE 50'	BODY PUMP 50'	STRETCHING 50'	CYCLING 50'	CYCLING 50'	
	BEGINNER DANCE 50'	SWIMMING 50'	STRETCHING 50'		TBC 50'	AQUAGYM 50'	AQUAGYM 50'	
	PILATES MACHINES*	SPA EXPERIENCE 75'*	PILATES MACHINES*	PILATES MACHINES*	PILATES MACHINES*	TRX & CORE 50'	YOGA 75'	
12.30	GAP 50'	PILATES 50'	BEGINNER STEP 50'	PILATES 50'	BEGINNER DANCE 50'	PILATES 50'	SWIMMING 50'	12.30
13.00	HYPOPRESSURE 30'*		HYPOPRESSURE 30'*		CORE EXPRESS 30'			13.00
13.30		CROSS TRAINING 50'	FIT PILATES 50'	CX & HIIT 50'	TRX & CORE 50'	YOGA 55'	PILATES 50'	13.30
	FIT PILATES 50'	HEALTHY BACK 50'	TRX & CROSS 50'					
14.30		CYCLING 50'						14.30
	CYCLING 50'	TBC 50'	CROSS TRAINING 50'	CYCLING 50'	CROSS TRAINING 50'			
		PILATES MACHINES*						
15.30			CYCLING 50'	GAP 50'				15.30
	CROSS TRAINING 50'	STRETCHING 50'	RUNNING 50'	STRETCHING EXPRESS 30'	PILATES 50'			
16.30	TRX & CORE 50'		TRX & CORE 50'	SWIMMING 50'	SWIMMING 50'	SPA EXPERIENCE 75'*	TRX & CORE 50'	16.30
	BODY BALANCE 50'	TRX & CORE 50'						
17.00			HYPOPRESSURE 30'*					17.00
17.30	BODY PUMP & CX 50'	GAP 50'	TBC 50'	PILATES 50'	CROSS TRAINING 50'	CROSS TRAINING 50'	TBC 50'	17.30
				FIT BOXING 50'				
18.00				MEDITATION 50'	BODY BALANCE 50'			18.00
		YOGA 75'						
18.30	CYCLING 50'	CROSS TRAINING 50'	FIT PILATES 50'	TRX & CROSS 50'	CYCLING 50'	CYCLING 50'		CYCLING 50'
	TAI CHI 50'	CYCLING 50'	CYCLING 50'	SWIMMING 50'	TBC 50'		PILATES 50'	
	TBC 50'	STEP 50'	CROSS TRAINING 50'	BODY BALANCE 50'	YOGA 75'			
19.00			YOGA 75'					19.00
19.30	FIT PILATES 50'	FIT BOXING 50'	BODY PUMP & CX 50'	DANCE 50'	STRETCHING 50'	CORE & STRETCHING 50'		19.30
	HIIT 25'	DANCE 50'	CYCLING 50'	PILATES MACHINES*				
	STRETCHING EXPRESS 25'	PILATES 50'		CYCLING 50'	PILATES 50'			
20.00	CORE EXPRESS 25'							20.00
	YOGA 75'							
20.30	TRX & CROSS 50'	GAP 50'	CX 30'	TBC 50'				20.30

*Reservation in advance required/ Reservar con antelación.