

HORARIOS DE CLASES GIMNASIO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
09:00 - 09:45	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	YOGA 10:00 - 11:30
09:00 - 09:30						
10:00 - 10:45	CIRCUIT TRAINING	BODY TONIC	FULL BODY	G.A.P	TRX	CICLO INDOOR 11:30 - 12:30
11:00 - 11:45	PILATES	BODY BRAIN	PILATES	CICLO (30')	CICLO (30')	AQUAGYM 13:00 - 13:45
12:00 - 12:30						
15:00 - 15:45	HIIT (30')	AQUAGYM	G.A.P	FULL BODY	AQUAGYM	AQUAGYM 14:00 - 14:45
17:00 - 17:45	CIRCUIT TRAINING	PILATES	CIRCUIT TRAINING	PILATES	B2A	
18:00 - 18:45	BODY TONIC	G.A.P	BODY TONIC	CIRCUIT TRAINING	BODY BANDS	
	AQUAGYM				AQUAGYM	
19:00 - 19:45	CICLO INDOOR	HIT COMBAT	CICLO INDOOR	HIT COMBAT	STRETCHING	
		CICLO INDOOR		CICLO INDOOR		
19:00 - 19:45	AQUAGYM	AQUAGYM	AQUA-MOBILITY	AQUA-PILATES		
20:00 - 20:45	BAILE	PILATES	BAILE	PILATES	ZUMBA	