

Horario de actividades dirigidas

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
08:30	VINYASA YOGA Mertxe R. Sala 2	BODY BALANCE REBECA B. Sala 2	TBC Javier G. Sala 1	PILATES REBECA B. Sala 2	VINYASA YOGA Mertxe R. Sala 2	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	08:30
	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	PILATES Elena G. Sala 2	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1			
08:45	HIT Javier G. Gimnasio Exterior				HIT Javier G. Gimnasio Exterior			08:45
09:00			Hipopresivos Marielys M. Prana Holistic					09:00
09:30	TBC Javier G. Sala 1	BODY PUMP REBECA B. Sala 2	BOOTCAMP Javier G. Gimnasio Exterior	BODY PUMP REBECA B. Sala 2	GAP Javier G. Sala 1	ABD Eric S. Gimnasio Exterior	STEP SABRINA P. Sala 2	09:30
	VINYASA YOGA Mertxe R. Prana Holistic	POWER PILATES Marielys M. Sala 1	VINYASA YOGA Mertxe R. Prana Holistic	CORE Marielys M. Sala 1	PILATES Marielys M. Sala 2	CYCLING Eduardo B. Sala 1	HIT Eric S. Gimnasio Exterior	
	PILATES Marielys M. Sala 2		CARDIOPILATES Marielys M. Sala 2			STEP Alberto C. Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	
10:30	POSTURAL Marielys M. Sala 2	VINYASA YOGA Mertxe R. Sala 2	POSTURAL Marielys M. Sala 2	HIT REBECA B. Gimnasio Exterior	POSTURAL Marielys M. Sala 2	BODY PUMP Alberto C. Sala 2	BODY PUMP SABRINA P. Sala 2	10:30
	VIRTUAL CYCLIN... VIRTUAL Sala 1	HIT REBECA B. Gimnasio Exterior	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	
11:30		VIRTUAL BODY P... VIRTUAL Sala 1		HATHA YOGA CHRISTIAN G. Sala 2		VIRTUAL BODY B... VIRTUAL Sala 1		11:30
	YOGA INTEGRAL Mertxe R. Sala 2	VIRTUAL BODY B... VIRTUAL Sala 1	YOGA RESTAURA... CHRISTIAN G. Sala 2	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	PILATES Alberto C. Sala 2	PILATES SABRINA P. Sala 2	
12:30	VIRTUAL BODY P... VIRTUAL Sala 1		VIRTUAL BODY P... VIRTUAL Sala 1			VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	12:30
	WOD Javier G. Gimnasio Exterior	VIRTUAL CYCLIN... VIRTUAL Sala 1	WOD Javier G. Gimnasio Exterior	VIRTUAL BODY B... VIRTUAL Sala 1	WOD Javier G. Gimnasio Exterior	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	
13:30	VIRTUAL BODY B... VIRTUAL Sala 1		VIRTUAL BODY B... VIRTUAL Sala 1		VIRTUAL BODY P... VIRTUAL Sala 1			13:30
	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	
14:30	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 2	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	14:30
15:30	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	15:30
16:30	BODY PUMP Maria L. Sala 2	PILATES Elena G. Sala 2	PILATES Maria L. Sala 2	BODY PUMP Alberto C. Sala 2	BODY PUMP Alberto C. Sala 2	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	16:30
	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL BODY P... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1			
17:30	CARDIOBOX Victor P. Sala 1	MUSICAL FITNESS Juan Manuel V. Sala 1	BARRE Susana R. Sala 1	STEP Juan Manuel V. Sala 1	PILATES Alberto C. Sala 2	VIRTUAL CYCLIN... VIRTUAL Sala 1	VIRTUAL CYCLIN... VIRTUAL Sala 1	17:30
	HATHA YOGA CHRISTIAN G. Sala 2	PILATES Elena G. Prana Holistic	VINYASA YOGA Mertxe R. Sala 2	PILATES Elena G. Prana Holistic	CARDIOBOX Victor P. Sala 1			
		BODY PUMP JOANA D. Sala 2		BODY PUMP Alberto C. Sala 2				
18:30	ZUMBA Juan Manuel V. Sala 1	GAP Juan Manuel V. ZONA EXTERIOR	CROSS GIMENO Eduardo B. Gimnasio Exterior	TBC Juan Manuel V. ZONA EXTERIOR	ZUMBA Juan Manuel V. Sala 2	VIRTUAL BODY B... VIRTUAL Sala 1	VIRTUAL BODY B... VIRTUAL Sala 1	18:30
	PILATES Alberto C. Sala 2	VINYASA YOGA Elena G. Prana Holistic	BODY PUMP Susana R. Sala 1	BODY BALANCE Elena G. Sala 2	BOXEO FIT Victor P. Sala 1			
	CROSS GIMENO Victor P. Gimnasio Exterior	CYCLING Juanan A. Sala 1	POSTURAL Marielys M. Sala 2	PILATES Alberto C. Prana Holistic				
		BODY BALANCE JOANA D. Sala 2		CYCLING Juanan A. Sala 1				
19:30	CYCLING Eduardo B. Sala 1	STEP Juan Manuel V. Sala 1	CYCLING Eduardo B. Sala 1	YOGA POWER Mertxe R. Sala 2	CYCLING Eduardo B. Sala 1			19:30
	BODY PUMP Alberto C. Sala 2	YOGA POWER Mertxe R. Sala 2	CARDIOPILATES Marielys M. Sala 2	BODY PUMP Marielys M. Sala 1	MUSICAL FITNESS Juan Manuel V. Sala 2			
20:30	HATHA YOGA CHRISTIAN G. Sala 2	BOXEO FIT Victor P. Sala 1	HATHA YOGA CHRISTIAN G. Sala 2	CARDIOBOX Victor P. Sala 1				20:30