Horario de actividades dirigidas

	Lunes	Martes	Miércoles	Jueves	Viernes	Sabado	Domingo	
08:30	VINYASA YOGA 50' Mertxe R. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	BODY BALANCE 50' REBECA B. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	PILATES 50' Elena G. Sala 2 TBC 50' Javier G. Sala 1	PILATES 45' REBECA B. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1 VINYASA YOGA 50' Mertxe R. Sala 2	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	08:30
08:45	HIT 30' Javier G. Gimnasio Exterior				HIT 30' Javier G. Gimnasio Exterior			08:45
09:00			Hipopresivos 30' Marielys M. Prana Holistic					09:00
09:30	VINYASA YOGA 50' Mertxe R. Prana Holistic PILATES 45' Marielys M. Sala 2 TBC 50' Javier G. Sala 1	POWER PILATES 50' Marielys M. Sala 1 BODY PUMP 50' REBECA B. Sala 2	BOOTCAMP 50' Javier G. Gimnasio Exterior VINYASA YOGA 50' Mertxe R. Prana Holistic CARDIOPILATES 50' Marielys M. Sala 2	BARRE 50' Marielys M. Prana Holistic BODY PUMP 50' REBECA B. Sala 2	PILATES 45' Marielys M. Sala 2 GAP 50' Javier G. Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1 STEP 50' Alberto C. Sala 2 ABD 30' Eric S. Gimnasio Exterior	VIRTUAL BOD... 60' VIRTUAL Sala 1 HIT 30' Eric S. Gimnasio Exterior BARRE 50' Marielys M. Prana Holistic	09:30
10:30	POSTURAL 45' Marielys M. Sala 2 VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1 HIT 30' REBECA B. Gimnasio Exterior VINYASA YOGA 50' Mertxe R. Sala 2	POSTURAL 30' Marielys M. Sala 2 VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1 HATHA YOGA 50' CHRISTIAN G. Sala 2 HIT 30' REBECA B. Gimnasio Exterior	POSTURAL 45' Marielys M. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1 BODY PUMP 50' Alberto C. Sala 2	BODY PUMP 50' Marielys M. Sala 2 VIRTUAL CYCL... 50' VIRTUAL Sala 1	10:30
11:30	YOGA INTEGR... 50' Mertxe R. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	YOGA RESTAU... 50' CHRISTIAN G. Sala 2 VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1 PILATES 45' Alberto C. Sala 2	VIRTUAL BOD... 50' VIRTUAL Sala 1 PILATES 45' Marielys M. Sala 2	11:30
12:30	WOD 30' Javier G. Gimnasio Exterior VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1 WOD 30' Javier G. Gimnasio Exterior	VIRTUAL BOD... 60' VIRTUAL Sala 1	WOD 30' Javier G. Gimnasio Exterior VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	12:30
13:30	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	13:30
14:30	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 2	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	14:30
15:30	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	15:30
16:30	VIRTUAL CYCL... 50' VIRTUAL Sala 1 BODY PUMP 50' Maria L. Sala 2	VIRTUAL BOD... 50' VIRTUAL Sala 1 PILATES 45' Elena G. Sala 2	VIRTUAL BOD... 50' VIRTUAL Sala 1 BARRE 50' Maria L. Prana Holistic	BODY PUMP 50' SABRINA P. Sala 2 VIRTUAL CYCL... 50' VIRTUAL Sala 1	BODY PUMP 50' Marielys M. Sala 2 VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	VIRTUAL BOD... 50' VIRTUAL Sala 1	16:30
17:30	HATHA YOGA 50' CHRISTIAN G. Sala 2 CARDIOBOX 50' Victor P. Sala 1	MUSICAL FITN... 50' Juan Manuel V. Sala 1 PILATES 45' Elena G. Prana Holistic BODY PUMP 50' JOANA D. Sala 2	VINYASA YOGA 50' Mertxe R. Sala 2 BARRE 50' Susana R. Prana Holistic	PILATES 45' JOANA D. Prana Holistic STEP 50' Juan Manuel V. Sala 1 BODY PUMP 50' SABRINA P. Sala 2	PILATES 45' Marielys M. Sala 2 CARDIOBOX 50' Victor P. Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	VIRTUAL CYCL... 50' VIRTUAL Sala 1	17:30
18:30	CROSS GIMENO 60' Victor P. Gimnasio Exterior ZUMBA 50' Juan Manuel V. Sala 1 PILATES 45' Alberto C. Sala 2	BODY BALANCE 50' JOANA D. Sala 2 CYCLING 50' Juanan A. Sala 1 BARRE 50' Elena G. Prana Holistic GAP 50' Juan Manuel V. ZONA EXTERIOR	BODY PUMP 50' Susana R. Sala 1 CROSS GIMENO 60' Eduardo B. Gimnasio Exterior POSTURAL 45' Marielys M. Sala 2	TBC 50' Juan Manuel V. ZONA EXTERIOR CYCLING 50' Juanan A. Sala 1 BODY BALANCE 50' JOANA D. Sala 2 PILATES 45' Alberto C. Prana Holistic	ZUMBA 50' Juan Manuel V. Sala 2 BOXEO FIT 45' Victor P. Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	VIRTUAL BOD... 60' VIRTUAL Sala 1	18:30
19:30	CYCLING 50' Eduardo B. Sala 1 BODY PUMP 50' Alberto C. Sala 1	STEP 50' Juan Manuel V. Sala 1 YOGA POWER 50' Mertxe R. Sala 2	CYCLING 50' Eduardo B. Sala 1 CARDIOPILATES 50' Marielys M. Sala 2	YOGA POWER 50' Mertxe R. Sala 2 BODY PUMP 50' JOANA D. Sala 1	CYCLING 50' Eduardo B. Sala 1 MUSICAL FITN... 50' Juan Manuel V. Sala 2			19:30
20:30	HATHA YOGA 50' CHRISTIAN G. Sala 2	BOXEO FIT 45' Victor P. Sala 1	HATHA YOGA 50' CHRISTIAN G. Sala 2	CARDIOBOX 50' Victor P. Sala 1				20:30