

Centro autorizado oficialmente por LES MILLS para Body Pump, Body Balance, Body Combat, CXWorx y Body Attack.

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:10-08:00	CICLO	CICLO		CICLO		CICLO		
07:10-08:00	STUDIO 1		BODY PUMP					
07:10-07:35	FITNESS				O2 CROSSTRAINING			
07:35-08:00	FITNESS				ABD			
08:05-08:30	FITNESS	FUNCTIONAL TRAINING		PLIOMETRÍA		ESTIRAMIENTOS		
08:05-08:55	CICLO		WELLNESS CYCLING		WELLNESS CYCLING			
08:30-08:55	FITNESS	TRX						
09:05-09:55	STUDIO 3			ZUMBA				
09:35-10:25	STUDIO 4	YOGA						
09:35-10:25	STUDIO 1	BODY PUMP	PILATES	BODY ATTACK	BODY COMBAT	BODY PUMP	LES MILLS	
09:35-10:25	STUDIO 3	WELLNESS CLASS			TBC	FITBALL		
09:35-10:25	CICLO		CICLO					WELLNESS CYCLING
09:35-10:25	PISCINA						AQUAWELLNESS	AQUAWELLNESS
10:05-10:55	PISCINA	AQUAWELLNESS		AQUAWELLNESS		AQUAWELLNESS		
10:35-11:25	STUDIO 1	BALLET FIT	BODY COMBAT	BODY PUMP	PILATES ADVANCED	BODY BALANCE		
10:35-11:25	STUDIO 3		FITBALL	BALLET FIT		ZUMBA		
10:35-11:25	CICLO	CICLO		WELLNESS CYCLING	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING
10:35-11:25	STUDIO 4		YOGA					
11:05-11:30	FITNESS						TRX	TRX
11:05-11:55	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
11:35-12:25	STUDIO 1		ZUMBA		ZUMBA			
11:35-12:25	STUDIO 4			YOGA	YOGA			
12:05-12:55	STUDIO 1	ESCUELA DE ESPALDA						
12:05-12:55	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING
14:35-15:25	STUDIO 1		BODY PUMP		BODY PUMP			
14:35-15:25	CICLO	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING	CICLO		
16:30-16:55	FITNESS	TRX	TRX	TRX	TRX	TRX		
17:05-17:55	STUDIO 1	BODY PUMP		BODY PUMP				
17:05-17:55	STUDIO 3	ZUMBA		ZUMBA				
17:05-17:55	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	
17:05-17:55	STUDIO 3		ESCUELA DE ESPALDA			ZUMBA		
18:05-18:55	STUDIO 1	FITBALL	BODY PUMP		TBC			
18:05-18:30	STUDIO 1					CXWORK		
18:05-18:55	STUDIO 3			BODY BALANCE	PILATES ADVANCED			
18:05-18:55	CICLO	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	CICLO	WELLNESS CYCLING		
18:30-18:55	STUDIO 1					BODY PUMP EXPRESS		
19:05-19:55	CICLO	CICLO	CICLO			CICLO	WELLNESS CYCLING	
19:05-19:55	STUDIO 4		PILATES		DANCE			
19:05-19:55	STUDIO 1	BODY PUMP	TBC	BODY ATTACK	BODY COMBAT	BODY BALANCE		
19:05-19:55	STUDIO 3	BODY BALANCE	BOXING	FITBALL	ESCUELA DE ESPALDA			
20:00-20:30	PISCINA					AQUACROSSTRAINING		
20:05-20:55	PISCINA	AQUAWELLNESS ADVANCED	AQUAWELLNESS ADVANCED	AQUAWELLNESS ADVANCED	AQUAWELLNESS ADVANCED			
20:05-20:55	STUDIO 1	BODY ATTACK	BODY PUMP	BODY PUMP	BODY ATTACK CXWORX 50	BODY PUMP		
20:05-20:55	STUDIO 3	DANCE-LATINO		BODY COMBAT				
20:05-20:55	STUDIO 4	YOGA	YOGA					
20:05-20:55	CICLO		CICLO		CICLO			
20:35-21:25	STUDIO 3		BALLET FIT		BALLET FIT			
20:35-21:25	CICLO	CICLO		CICLO				
21:05-21:55	CICLO					WELLNESS CYCLING		
21:05-21:55	STUDIO 1				BODY PUMP			
21:05-21:55	STUDIO 4				YOGA			
21:05-21:30	STUDIO 1	CX WORK	RADICAL EXTREME	RADICAL EXTREME				
21:30-22:00	STUDIO 1	BODY PUMP EXPRESS						
21:35-22:00	FITNESS		ABD	TRX	ABD			
21:35-22:25	CICLO		WELLNESS CYCLING	WELLNESS CYCLING	CICLO			

Wellness TONO	Intensidad
Wellness LÍNEA	Control de peso
Wellness RITMO	Coreografía
Wellness EQUILIBRIO	Relax

