

HORARIO	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7h10 - 7h55	 PILATES MATWORK	 CIRCUIT TRAINING	 HITT	 GROUP CYCLE	 ESPALDA SANA
8h00 - 8h45	 GROUP CYCLE	 GAP	 VIRTUAL GROUP CYCLE	 PILATES FITBALL	 VIRTUAL GROUP CYCLE
9h10 - 10h00	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE
12h30 - 13:20	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE
13h40 - 14h25	 PUMP	 PILATES FITBALL	 ZUMBA	 GAP	 VIRTUAL GROUP CYCLE
14h30 - 15h15	 BOOT CAMP	 GROUP CYCLE	 PUMP	 GROUP CYCLE	 HIIT
15h30 - 16h20	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE
17h00 - 17h50	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	
18h30 - 19h15	 HITT	 PUMP	 PILATES MATWORK	 BOOT CAMP	
19h40 - 20h30	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	 VIRTUAL GROUP CYCLE	

Sesión cuerpo y mente		Baja intensidad		Media intensidad		Alta intensidad
Sesión tonificación		Baja intensidad		Media intensidad		Alta intensidad
Sesión cardiovascolare		Baja intensidad		Media intensidad		Alta intensidad
Sesión Virtual		Baja intensidad		Media intensidad		Alta intensidad