

| | LUNES | | | | MARTES | | | MIÉRCOLES | | | JUEVES | | | VIERNES | | |
|-------|---|---------------|---------------|--------------|-------------|---------------|-------------|------------------|-----------------|-------------|---------------|---------------|-------------|---------------|---------------|-------------|
| | BikeRoom | Sala 8 | Sala | Sala Zen | BikeRoom | Sala 8 | Sala Zen | BikeRoom | Sala 8 | Sala Zen | BikeRoom | Sala 8 | Sala Zen | BikeRoom | Sala 8 | Sala Zen |
| 7:30 | BIKE | BOX | TRX/FUNCIONAL | VINYASA | | BARBELLS | | BIKE | BOX | VINYASA | | BARBELLS | | BIKE | TRX/FUNCIONAL | VINYASA |
| 8:00 | 7:50 - 8:40 | 7:50 - 8:50 | 8:00-8:45 | 7:40-8:40 | | 7:50-8:50 | | 7:50 - 8:40 | 7:50 - 8:50 | 7:40-8:40 | | 7:50-8:50 | | 7:50 - 8:40 | 8:00-8:45 | 7:40-8:40 |
| 9:00 | | | | | | | | | | | | | | | | |
| 10:00 | | GLOBAL | | VINYASA | | PILATES | | | GLOBAL | VINYASA | | PILATES | | | GLOBAL | |
| | | 10:00-11:00 | | 10:15-11:15 | | 10:00-11:00 | | | 10:00-11:00 | 10:15-11:15 | | 10:00-11:00 | | | 10:00-11:00 | |
| 12:00 | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | |
| 14:00 | | TRX/FUNCIONAL | | | BIKE | CORE | | TRX/FUNCIONAL | | | CORE | | | TRX/FUNCIONAL | | |
| | | 13:30-14:10 | | | 13:30-14:20 | 13:45 14:15 | | 13:30-14:10 | | | 13:45 14:15 | | | 13:30-14:10 | | |
| 15:00 | BIKE | BARBELLS | | PILATES | BIKE | FUNCIONAL | HATHA YOGA | BIKE | BOX | PILATES | BIKE | FUNCIONAL | HATHA YOGA | BIKE | CARDIOBOX | |
| | 14:15-15:15 | 14:15-15:10 | | 14:15-15:15 | 14:20-15:20 | 14:15-15:15 | 14:30-15:30 | 14:15-15:15 | 14:15-15:10 | 14:15-15:15 | 14:20-15:20 | 14:15-15:15 | 14:15-15:30 | 14:15-15:15 | 14:15-15:10 | |
| 16:00 | | | | | | FUNCIONAL BOX | | | GAP/CORE | | | GAP/CORE | | | | |
| | | | | | | 15:20-16:15 | | | 15:30-16:00 | | | 15:30-16:00 | | | | |
| 17:00 | | | | | | | | | | | | | | | | |
| 18:00 | BIKE | | | | | TRX | PILATES | BIKE | | | CORE | PILATES | | BIKE | | |
| | 17:45 18:30 | | | | | 18:45-19:30 | 18:30-19:30 | 17:45-18:30 | | | 18:50-19:20 | 18:30-19:30 | | 17:45 18:30 | | |
| 19:00 | | TRIATHLON | | | | CORE | | | CORE - STRENGTH | | TRIATHLON | | | | BOX | |
| | | 19:00 - 19:30 | | | | 19:30-19:55 | | | 19:00 - 19:30 | | 19:25-20:10 | | | 18:30-19:30 | | |
| 20:00 | BIKE | BARBELLS | | VINYASA | BIKE | BOX | VINYASA | BIKE | BARBELLS | | BIKE | BOX | VINYASA | | | VINYASA |
| | 19:30-20:20 | 19:30 20:30 | | 19:30-20:45 | 20:00-20:50 | 20:15-21:15 | 20:00-21:15 | 19:30-20:20 | 19:30 20:30 | | 20:10-21:00 | 20:15-21:15 | 20:00-21:15 | | BIKE | 19:30-20:45 |
| 21:00 | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | |
| | SÁBADOS | | | | DOMINGOS | | | Escuela YogaLife | | | | | | | | |
| 10:00 | BikeRoom | Sala 8 | Sala | Sala Zen | BikeRoom | Sala 8 | Sala Zen | Lunes, miercoles | Martes, Jueves | Miércoles | Jueves | Viernes | Sabados | | | |
| | | | | | | | | 7:40-8:40 | 14:30-15:30 | 20:30-21:45 | 14:15-15:30 | 7:40-8:40 | 11:00-12:15 | | | |
| 11:00 | | FLOW VINYASA | | | | | | 10:15 - 11:15 | 20:00 - 21:15 | | 20:00 - 21:15 | 19:30 - 20:45 | | | | |
| | | 11:00-12:15 | | | | | | 19:30-20:45 | | | | | | | | |
| 13:00 | BIKE | | | | | | | | | | | | | | | |
| | 12:00-13:00 | | | | | | | | | | | | | | | |
| 14:00 | | | | CORE/ STRECH | | | | | | | | | | | | |
| | | | | 13:15-13:45 | | | | | | | | | | | | |
| | Horario vigente a partir del 15 de octubre de 2018 | | | | | | | | | | | | | | | |
| | *Clases no incluidas en la cuota mensual | | | | | | | | | | | | | | | |
| | BARBELLS: Tonifica y muscula con barras y pesas BIKE: Nuestro Spinning BOX: Técnica y habilidad al pegar golpes CARDIO BOX: Coreografías a ritmo de boxeo TRX: Entrenamiento en suspensión FUNCIONAL: El mejor entrenamiento global CORE: Los clásicos abdominales y más... GAP: Glúteos, abdominales y piernas GLOBAL: Gimnasia de mantenimiento PILATES: Mejora la postura y elasticidad HATHA YOGA: Yoga físico VINYASA: Yoga dinámico y mental | | | | | | | | | | | | | | | |
| | HORARIO DE APERTURA Lunes a Viernes de 7:30 a 22 horas Sábados y Domingos de 10 a 14 horas Festivos nacionales: cerrado Festivos locales: abierto de 10 a 14 horas | | | | | | | | | | | | | | | |
| | JORGE | SERGIO | VARIOS | ENRIQUE | LORE | MARCOS | VARIOS | VARIOS | VARIOS | | | | | | | |



Por favor saca una foto a nuestro horario



