



MEJORAR RENDIMIENTO



TONIFICACIÓN Y AUMENTO DE FUERZA



PERDIDA DE PESO Y REDUCCIÓN DE TALLA



SALUD Y BIENESTAR

HORARIOS		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:05	07:55	Spinning S	Spinning S	Spinning S	Spinning S	Spinning S		
08:00	08:30	Total ABS 2		Total ABS 2		Total ABS 2		
08:10	09:00	Spinning S	Spinning S	Spinning S	Spinning S	Spinning S		
08:10	09:10		Yoga Iyengar H		Yoga Iyengar H			
08:30	09:00	GAP 1		GAP 1		GAP 1		
09:05	09:35	TRX F		TRX F		TRX F		
09:05	09:50	Body Power 1	Baile 1	Body Power 1	Baile 1	Body Power 1		
10:00	10:50	Spinning S		Spinning S		Spinning S		
10:00	10:55						Spinning S	Spinning S
10:10	11:10	Yoga Iyengar H		Yoga Iyengar H		Yoga Iyengar H		
10:15	11:05		Hatha Yoga H		Hatha Yoga H			
11:00	12:15						Yoga H	
11:05	12:00		Spinning S		Spinning S		Spinning S	Spinning S
11:15	12:10	Release H		Release H		Release H		Yoga H
11:05	12:00	Body Pump 1		Body Pump 1		Body Pump 1	Zumba 1	
11:15	12:10		Pilates 1		Pilates 1			Body Pump 1
11:30	12:15						Fight Fit F	
12:15	13:10	Pilates 1		Pilates 1		Pilates 1	Body Pump 1	
12:30	13:30		Yoga Terapia H		Yoga Terapia H			
13:00	13:30		TRX F		TRX F			
13:00	13:50	Spinning S		Spinning S		Spinning S		
13:30	14:25	Baile 1	Baile 1	Baile 1	Baile 1	Baile 1		
13:30	14:45	Hatha Yoga H		Hatha Yoga H				
14:05	14:55	Spinning S	Spinning S	Spinning S	Spinning S	Spinning S		
16:00	17:15	Yoga Iyengar H		Yoga Iyengar H		Yoga Iyengar H		
18:30	19:15		Fight Fit F		Fight Fit F			
18:30	19:20	Zumba 1	Zumba 1	Zumba 1	Zumba 1			
19:00	20:15		Yoga Vinyasa H		Yoga Vinyasa H			
19:15	20:05	Spinning S		Spinning S		Spinning S		
19:25	20:20	ABS Glúteo 1	ABS Glúteo 1	ABS Glúteo 1	ABS Glúteo 1			
19:30	20:25	Yoga Vinyasa H		Yoga Vinyasa H		Yoga Vinyasa H		
19:30	20:25		Spinning 1		Spinning 1			
19:35	20:05		Grit F		Grit F			
20:15	21:05	Spinning S		Spinning S				
20:30	21:20		Body Pump 1		Body Pump 1			
20:30	21:20		Spinning S		Spinning S			

1 SALA 1

2 SALA 2

S SPINNING

H HOLÍSTICA

F FUNCIONAL

D CARDIO DARK



SKILLMILL™



HORARIOS		LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:45	07:30	RACE	SKILLMILL	RACE	SKILLMILL	RACE		
07:15	08:00	SQUAD		SQUAD		SQUAD		
08:15	09:00		RACE		RACE			
09:10	09:40	SKILLMILL		SKILLMILL		SKILLMILL		
09:10	09:55		SQUAD		SQUAD			
10:30	11:15						SKILLMILL	
11:15	12:15						RACE	
12:15	12:45						BURN	
13:00	13:30		SKILLMILL		SKILLMILL			
13:15	14:00	SQUAD		SQUAD		SQUAD		
13:30	14:15	RACE	RACE	RACE	RACE	RACE		
18:30	19:00					BURN		
19:00	19:45	SQUAD		SQUAD		RACE		
19:15	20:00	SKILLMILL	RACE	SKILLMILL	RACE			
19:30	20:00		BURN		BURN			
19:30	20:15	RACE		RACE				