HORARIO ONFITNESS CENTER TEMPORADA 2020-2021

	SALA	LUNES	SALA	MARTES	SALA	MIÉRCOLES	SALA	JUEVES	SALA	VIERNES	SALA	SÁBADO	SALA	DOMINGO
7:15	V	veevo	F	ZONA ON (45')	1	LesMills BODYPUMP EXPRESS 45'	F	F3	V	CORE MOV (45')				
8:15	1	CORE (45')	1	LesMills BODYPUMP	1	LesMills BODYBALANCE	1	GAP (45')	1	PILATES				
	F	BeOn			V	veevo								
9:15	1	GAP (45')	1	MANTENTE ON (45')	1	LesMills BODYPUMP	1	LesMills BODYBALANCE	1	LesMills BODYPUMP				
									V	MANTENTE ON (45')				
9:30	F	F3	V	veevo	V	ZONA ON (45')	V	veevo			F	F3		
9:45														
10:00	1	CORE (30')												
10:15													1	CORE (30')
10:30	1	LesMills BODYPUMP	1	ZUMBA fitness	1	PILATES	V	CORE (30')	C	CICLO INDOOR	C	CICLO INDOOR		
	C	CICLO INDOOR	V	CORE (30')	C	CICLO INDOOR					F	F3		
11:00			V	Foam Roll (20')	F	BeOn	V	Foam Roll (20')					1	LesMills BODYPUMP
11:15														
11:30	1	*TÉCNICAS HIPOPRESIVAS (45')	1	LesMills BODYBALANCE	1	*TÉCNICAS HIPOPRESIVAS (45')	1	GAP (45')	V	MOVILIDAD ARTICULAR	C	CICLO INDOOR		
									B	*** AQUAMAMIS				
12:15													1	LesMills BODYBALANCE
12:30														
14:00	1	LesMills BODYPUMP	1	CORE (30')	V	veevo	1	CORE (30')	F	ZONA ON (45')				
14:30			C	CICLO INDOOR			C	CICLO INDOOR						
15:30														
17:00	1	YOGA (75)	1	GAP (45')	F	BeOn								
					1	LesMills BODYBALANCE								
18:00	1	LesMills BODYPUMP	1	PILATES	1	GAP (45')	1	TBC (45')		ZUMBA fitness				
	V	veevo	V	veevo	V	veevo	V	PILATES	1	veevo				
	B	*** AQUAMAMIS			B	*** AQUAMAMIS	F	BeOn						
18:30	C	CICLO INDOOR		CICLO INDOOR					F	BeOn				
19:00	1	ZUMBA fitness	1	LesMills BODYPUMP	1	LesMills BODYCOMBAT	1	LesMills BODYPUMP	1	LesMills BODYPUMP				
	V	LesMills BODYBALANCE	V	ZONA ON (45')	V	KICK BOXING	V	veevo	V	KICK BOXING				
					F	F3	C	CICLO INDOOR	1	*TÉCNICAS HIPOPRESIVAS (45')				
19:30					C	CICLO INDOOR			C	CICLO INDOOR				
20:00	V	TBC HIIT (45')	V	CORE MOV (45')	1	LesMills BODYPUMP	F	F3	1	CORE (30')				
	F	BeOn			V	AIKIDO			V	AIKIDO				
21:00	F	F3			V	ZONA ON (45')								
21:30														