Onfitness Sport & Spa

HORARIO ONFITNESS CENTER VERANO '22

Onfitness Sport & Spa

	SALA	LUNES	SALA	MARTES	SALA	MIÉRCOLES	SALA	JUEVES	SALA	VIERNES	SALA	SÁBADO	SALA	DOMINGO
7:15	V	ZONA ON (45')	V	veevo	1	LesMILLS BODYPUMP EXPRESS 45'	OUT	CROSS STRONG 45'	1	CORE MOV (45')				
8:15	1	CORE (45')	1	LesMILLS BODYPUMP	1	LesMILLS BODYBALANCE	1	GAP (45')	1	PILATES				
					V	veevo								
9:15	1	LesMILLS BODYPUMP	F	MANTENTE ON	1	GAP (45')	1	LesMILLS BODYBALANCE	1	LesMILLS BODYPUMP				
	B	AGUAFIT					B	AQUAFIT						
9:30			V	veevo	F	ZONA ON (45')	V	veevo						
9:45											V	ZONA ON (45')		
10:15													1	CORE (30')
10:30	C	CICLO INDOOR	1	ENT. MARIAN	C	CICLO INDOOR	1	ENT. MARIAN	C	CICLO INDOOR	C	CICLO INDOOR		
	1	ZONA ZEN	F	ENT. IÑIGO	1	PILATES	F	ENT. IÑIGO			V	CORE (30')		
11:00														
													1	LesMILLS BODYPUMP
11:15														
14:00	1	LesMILLS BODYPUMP	1	CORE (30')	F	ZONA ON	1	CORE (30')	V	veevo				
14:30			C	CICLO INDOOR			C	CICLO INDOOR						
15:30														
17:00	1	LesMILLS BODYBALANCE	1	GAP (45')	1	HATHA YOGA (75')								
17:15					F	GLÚTEOS EXPRESS (30')	1	CORE (30')						
18:00	1	LesMILLS BODYPUMP	1	TBC (45')	Out	ZONA OUT	1	TBC (45')	C	CICLO INDOOR				
	V	veevo	V	PILATES			V	PILATES	1	ZUMBA fitness				
							C	CICLO INDOOR						
18:15					1	GAP (45')								
18:30	C	CICLO INDOOR	C	CICLO INDOOR			Out	CROSS STRONG						
19:00	1	YOGA FLOW VINYASA	V	ZONA ON (45')	1	LesMILLS BODYCOMBAT	1	LesMILLS BODYPUMP	1	LesMILLS BODYPUMP				
	Out	ZONA OUT	1	LesMILLS BODYPUMP	C	CICLO INDOOR	V	veevo						
20:00	1	PUMP EXTREM	V	veevo	1	CORE MOV (45')								