

HORAS	LUNES /MONDAY	MARTES /TUESDAY	MIERCOLES / WEDNESDAY	JUEVES / THURDAY	FRIDAY / VIERNES	SABADO / SATURDAY	DOMINGO / SUNDAY
8:30 - 9:30		GRAVITY CARDIO		CIRCUITO WRF			
9:30 - 11:00	YOGA		YOGA		YOGA		
9:30 - 10:30	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR		
9:30 - 10:30	POWER TONING	SUPERTRAMP	POWER TONING	CARDIOBOX	CIRCUITO FUNCIONAL	GRAVITY CARDIO	
9:30 - 10:30							
10:30 - 11:30	GRAVITY CARDIO	PILATES MATTS	GRAVITY CARDIO	PILATES MATT	GAP	POWER TONING	
10:30 - 12:00							YOGA
17:30 - 18:30							
18:30 - 19:30							
18:30 - 19:30	POWER TONING	CARDIOBOX	CIRCUITO WRF	DANCE	CICLO INDOOR		
18:30 - 20:00		YOGA		YOGA			
19:30 - 20:30	CICLO INDOOR	HIIT LEGS	INDOOR WALKING	POWER TONING	GRAVITY CARDIO		

HORARIO DE APERTURA :
TIMETABLE:

LUNES A VIERNES - 7:00 a 21:00
MONDAY to FRIDAY - 7:00 to 21:00



SABADO, DOMINGOS Y FESTIVOS - 9:00 a 14:00.
SATURDAY, SUNDAY AND HOLIDAYS - 9:00 to 14:00