

# HORARIO CLASES DIRIGIDAS VERANO 2026

L	M	X	J
	7:00 - 8:00 HIIT		7:00 - 8:00 FUNCIONAL
	9:30 - 10:30 PILATES PISCINA VERANO		9:30 - 10:30 PILATES PISCINA VERANO
9:30 - 10:30 FUNCIONAL	9:30 - 10:30 BODY-FIT	9:30 - 10:30 CICLO INDOOR	9:30 - 10:30 BODY-FIT
	13:15 - 14:00 CICLO INDOOR		13:15 - 14:00 HIIT
15:15 - 16:15 HIIT	15:15 - 16:15 PILATES	15:15 - 16:15 HIIT	15:15 - 16:15 CICLO INDOOR
18:00 - 19:00 CROSSTRaining	18:00 - 19:00 BODY-FIT	18:00 - 19:00 CROSSTRaining	18:00 - 19:00 CICLO INDOOR