

HORARIO CLASES DIRIGIDAS VERANO 2026

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