

# LUNES

# MARTES

# MIÉRCOLES

# JUEVES

# VIERNES

# SÁBADO

# DOMINGO

Fun 360 07:30-08:15		Ciclo Indoor 07:30-08:15	TRX-beat 07:30-08:15		Ciclo Indoor 07:30-08:15		
Tonificación 09:00-10:00		Tonificación 09:00-10:00			Tonificación 09:00-10:00		
Pilates 10:00-10:45		Pierde Peso 10:00-10:25	Pilates 10:00-10:45		Pierde Peso 10:00-10:25		
Yoga 11:00-12:00		Pilates 11:00-11:45	Yoga 11:00-12:00		Pilates 11:00-11:45		
Fun 360 13:30-14:15	X-Fit 14:30-15:15	Pilates 13:30-14:15	HIIT 13:30-13:55	TRX-beat 13:30-14:15	Pilates 13:30-14:15	HIIT 13:30-13:55	
Pilates 14:15-15:00	Ciclo Indoor 14:30-15:15	Ciclo Indoor 14:15-15:00	DanZ 14:20-15:05	Yoga 14:15-15:15	Ciclo Indoor 14:15-15:00	DanZ 14:20-15:05	
DanZ 15:15-16:00	Ciclo Indoor 14:30-15:15	CORE 15:00-15:25	Body HIIT 14:30-15:15	X-Fit 14:40-15:25	CORE 14:30-15:15	15/15/15 14:30-15:15	
TRX-beat 18:00-18:45	Pierde Peso 19:00-19:25	Pilates 18:00-18:45	Brazil 18:20-18:45	Fun 360 18:00-18:45	Pierde Peso 19:00-19:25	Brazil 18:20-18:45	
Yoga 19:00-20:00	CORE 19:30-19:55	TRX-beat 18:45-19:30	Ciclo Indoor 19:30-20:15	Yoga 19:00-20:00	CORE 19:30-19:55	Fun 360 18:30-19:15	Brazil 18:45-19:10
Body HIIT 20:00-20:45	Ciclo Indoor 20:00-20:45	DanZ 19:30-20:15	CORE 19:45-20:10	Body HIIT 20:00-20:45	Ciclo Indoor 20:00-20:45	15/15/15 19:15-20:00	Ciclo Indoor 19:30-20:15
Brazil 20:15-20:40		15/15/15 20:15-21:00	Ciclo Indoor 20:15-21:00	Brazil 20:15-20:40		Yoga 20:30-21:30	
Yoga 21:15-22:15	X-Fit 21:00-21:45	Ciclo Indoor 20:15-21:00	X-Fit 21:00-21:45	Yoga 21:00-22:00	X-Fit 21:00-21:45		

Fun 360 11:30-12:15			
	Ciclo Indoor 12:30-13:15		
Yoga 13:15-14:15		Yoga 13:00-14:00	

# BENEFITS GYM

Cardio	Ent. Func.	Body-mind	Express
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Horario de apertura  
 L-V: 07:00 a 22:30  
 S-D-F: 09:00 a 15:00

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