

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

Fun 360 07:30-08:15		Ciclo Indoor 07:30-08:15	TRX 07:30-08:15		Ciclo Indoor 07:30-08:15		
Tonificación 09:00-10:00		Tonificación 09:00-10:00	Latino 09:00-10:00		Tonificación 09:00-10:00		Tonificación 09:00-10:00
Pilates 10:00-10:45		Pierde Peso 10:00-10:30	Pilates 10:00-10:45		Pierde Peso 10:00-10:30		
Yoga 11:00-12:00		Pilates 11:00-11:45	Yoga 11:00-12:00		Pilates 11:00-11:45		Yoga 11:00-12:00
Fun 360 13:30-14:15	X-Fit 14:30-15:15	Pilates 13:30-14:15	TRX 13:30-14:15	Core 14:30-14:50	Pilates 13:30-14:15		
Pilates 14:15-15:00	Ciclo Indoor 14:30-15:15	Body HIIT 14:30-15:15	Yoga 14:15-15:15	Ciclo Indoor 14:30-15:15	Ciclo Indoor 14:15-15:00	TRX 14:30-15:15	Fun 360 14:30-15:15
Zumba 15:15-16:00	Core 15:15-15:35	15/15/15 14:30-15:15	Zumba 15:15-16:00	X-Fit 15:15-16:00	Zumba 15:15-16:00		Zumba 15:15-16:00
Fun (exp.) 16:00-16:20			Fun (exp.) 16:00-16:20		Fun (exp.) 16:00-16:20		Fun (exp.) 16:00-16:20
TRX 18:00-18:45		Pilates 18:00-18:45	Fun 360 18:00-18:45		Pilates 18:00-18:45		
Yoga 19:00-20:00	Core 19:15-19:35	TRX 18:45-19:30	Yoga 19:00-20:00	Core 19:15-19:35	Fun 360 18:45-19:30		TRX 18:30-19:15
Body HIIT 20:00-20:45	Ciclo Indoor 20:00-20:45	Zumba 19:30-20:15	Core 19:45-20:05	Body HIIT 20:00-20:45	Ciclo Indoor 20:00-20:45	Zumba 19:30-20:15	Core 19:45-20:05
	Core 20:15-20:35	15/15/15 20:15-21:00	Ciclo Indoor 20:15-21:00		Core 20:15-20:35	TRX 20:15-21:00	Ciclo Indoor 20:15-21:00
Yoga 21:00-22:00	X-Fit 21:00-21:45	Yoga 21:00-22:00	X-Fit 20:30-21:15	Yoga 21:00-22:00	X-Fit 21:00-21:45	Yoga 21:00-22:00	X-Fit 20:30-21:15

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

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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