

■ CYCLING CORE 
 ■ CX WORXS 
 ■ BODY PUMP 
 ■ META SPORTS 
 ■ PILATES 
 ■ BODY COMBAT 
 ■ SALSATION 
 ■ LOWER CS 
 ■ STRECH CS 
 ■ UPPER CS 
 ■ CLUB RUNNING 
 ■ DANCE CS

	Lunes	Martes	Miércoles	Jueves	Viernes
07:00	7:00-8:00 Sala 2 Body Combat	7:15-7:45 Sala 2 CX Worx	7:00-8:00 Sala 2 MetaSports	7:00-8:00 Sala 2 Body Pump	7:00-7:45 Sala 1 Cycling Core
08:00	8:10-9:00 Sala 2 Body Pump	8:00-8:45 Sala 1 Cycling Core	08:15-08:45 Sala 4 Upper CS	8:15-8:45 Sala 2 CX Worx	8:00-9:00 Sala 2 MetaSports
09:00			8:50-9:10 Sala 4 Stretch CS	8:50-9:10 Sala 4 Stretch CS	
10:00					
11:00					
12:00					
	13:15-14:05 Ext. Club Running		13:15-14:05 Ext. Club Running		
13:00	13:20-13:50 Sala 2 CX Worx	13:15-14:15 Sala 2 Body Combat	13:15-14:05 Sala 2 Salsation	13:15-14:15 Sala 2 MetaSports	
	13:10-14:10 Sala 4 Pilates	13:20-13:50 Sala 4 Lower CS	13:20-13:50 Sala 2 CX Worx	13:20-14:05 Sala 1 Cycling Core	13:15-14:15 Sala 2 Body Pump
14:00	14:30-15:00 Sala 4 Upper CS	14:30-15:120 Sala 2 Salsation	14:30-15:15 Sala 1 Cycling Core	14:30-15:30 Sala 4 Pilates	
	14:20-15:20 Sala 2 MetaSports	14:30-15:15 Sala 1 Cycling Core	14:15-15:15 Sala 2 Body Pump	14:20-15:20 Sala 2 Body Combat	14:30-15:00 Sala 2 CX Worx
15:00					15:20-16:20 Sala 2 Body Combat
16:00					
17:00					
18:00	18:20-19:20 Sala 4 Pilates	18:30-19:00 Sala 2 CX Worx	18:20-19:20 Sala 2 Body Pump	18:20-19:20 Sala 2 Body Combat	
	18:30-19:15 Sala 1 Cycling Core		18:30-19:00 Sala 4 Stretch CS		
19:00	19:30-20:30 Sala 2 Body Combat	19:15-20:15 Sala 2 MetaSports	19:30-20:15 Sala 1 Cycling Core	19:30-20:30 Sala 2 Body Pump	
20:00					

Este Horario puede ser ampliado, reducido o modificado por la dirección en función de las necesidades del centro.