



# Clases Colectivas

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
9:30	CICLO INDOOR (S. Fitness) Mamen	CICLO INDOOR (S. Fitness) Loida	CICLO INDOOR (S. Fitness) Susana	CICLO INDOOR (S. Fitness) Mamen	CICLO INDOOR (S. Fitness) Mamen	CICLO INDOOR 45' (S. Fitness) Loida
9:30	ZUMBA (Sala 4) Silvia	AEROATAACK (Sala 4) Mamen	MEJORA FÍSICA (Sala 4) Mamen	ZUMBA (Sala 4) Loida	POWER-BODY (Sala 4) Silvia	
10:30	ABD-STRETCHING (Sala 6) Mamen	PREPILATES (Sala 4) Mamen	GAP (Sala 4) Mamen	CORE (Sala 4) Loida	CIRCUIT TRAINING (Sala 4) Silvia	CIRCUIT TRAINING (Sal-4) 45' (10:15) Loida
10:30	POWER-BODY (Sala 4) Silvia	CICLO INDOOR (S. Fitness) Loida	CICLO INDOOR (S. Fitness) Susana	CICLO INDOOR (S. Fitness) Mamen	CICLO INDOOR (S. Fitness) Mamen	
11:30						PREPILATES (Sala 4) (11:00) Loida

17:30		PRE-YOGA (Sala 6) Loida	CICLO INDOOR (S. Fitness) Alicia	MEJORA FÍSICA (Sala 4) Loida	CIRCUIT TRAINING (Sala 4) Loida	ABD-EST PREPILATES CORE PREYOGA ↑
18:00	MEJORA FÍSICA (Sala 4) Silvia	CICLO INDOOR (S. Fitness) Silvia	GAP 30' (Sala 4) Silvia			
18:30	CICLO INDOOR (S. Fitness) Alicia		CICLO INDOOR (S. Fitness) Alicia	CICLO INDOOR (S. Fitness) Alicia	CICLO INDOOR (S. Fitness) Alicia	PREPARACION FÍSICA ZUMBA GAP  ↑ ↑
18:30		POWER-BODY (Sala 4) Loida	AEROBOSSU (Sala 4) Silvia	ZUMBA (Sala 4) Loida	PREPILATES (Sala 6) Loida	
19:00	ZUMBA (Sala 4) Silvia	CICLO INDOOR (S. Fitness) Silvia				
19:30	CICLO INDOOR (S. Fitness) Alicia		CICLO INDOOR (S. Fitness) Alicia	CICLO INDOOR (S. Fitness) Silvia	CICLO INDOOR (S. Fitness) Alicia	CIRCUIT TRAINING CICLO INDOOR POWER-BODY AEROATAACK ↑↑↑
19:30		CIRCUIT TRAINING (Sala 4) Loida	POWER-BODY (Sala 4) Silvia	PRE-YOGA (Sala 6) Loida	GAP 30' (Sala 4) Loida	
19:30				CIRCUIT TRAINING (Sala 4) Alicia		
20:00	GAP (Sala 4) Silvia				CORE (Sala 6) Loida	
20:00	PREPARACION FÍSICA (Pista Pabellón) Mario		PREPARACION FÍSICA (Pista Pabellón) Mario			
20:30		ABD-ESTRETCHING 30' (Sala 4) Loida	PREPILATES (Sala 6) Silvia	ABD-ESTRETCHING 30' (Sala 4) Loida		



CICLO INDOOR



TONIFICACIÓN



CUERPO Y MENTE



BAILE



CARDIOVASCULAR