## LUNES

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | Pump 30' CRISTIAN | | | | | |
| 07:30 | C. HIIT CRISTIAN | | | | | |
| 08:00 | | | | | | |
| 08:30 | | | | HYROX CRISTIAN | | |
| 09:00 | | | | | | |
| 09:30 | CIRCUITO FRAN | Pilats PABLO | | | | |
| 10:00 | GAP FRAN | | | | | |
| 10:30 | | Pilats CRISTIAN | | ELIP. FRAN | | |
| 11:00 | Body Pump CRISTIAN | | | | | |
| 11:30 | | | CICLO 60 FRAN | HYROX BRUNO | | |
| 12:00 | | | | | | |
| 12:30 | | | | | | |
| 13:00 | | | | | | |
| 13:30 | | | | | | |
| 14:00 | | | | | | |
| 14:30 | Abdom FRAN | | | | | |
| 15:00 | | | | | CIRCUITO FRAN | |
| 15:30 | | | CICLO 60 FRAN | | | |
| 16:00 | | | | | | |
| 16:30 | | | | | | |
| 17:00 | | | | | | |
| 17:30 | | | | | | |
| 18:00 | | | | | TRX PAULA V. | |
| 18:30 | | | | HYROX RAMÓN | | |
| 19:00 | Zumba PAULA V. | | | | | BJJ ALEX |
| 19:30 | | | CICLO 45' IVÁN MATA | HYROX RAMÓN | | |
| 20:00 | GAP PAULA V. | | | | | |
| 20:30 | ELIP. PAULA V. | YOGA SANTI | CICLO 60 FRAN | HYROX ROI | Boxeo LUÍS | |
| 21:00 | Body Pump YESS | | | | | |
| 21:30 | | Pilats PAULA V. | | HYROX ALBERTO D. | | |
| 22:00 | | | CICLO 45' ROI | | | |
| 22:30 | | | | | | |

## MARTES

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | | | | | | |
| 07:30 | | | | | | |
| 08:00 | | | | | | |
| 08:30 | | | CICLO 45' CRISTIAN | | | |
| 09:00 | | | | | | |
| 09:30 | GAP FRAN | | | | | |
| 10:00 | | YOGA MIRIAM | C. HIIT FRAN | | | |
| 10:30 | Abdom FRAN | | | | | |
| 11:00 | | | | HYROX CRISTIAN | | |
| 11:30 | | | | | | |
| 12:00 | | | | | | BJJ MANU |
| 12:30 | | | | | | |
| 13:00 | | | | | | |
| 13:30 | | | | | | |
| 14:00 | | | | | | |
| 14:30 | | | | | | |
| 15:00 | | | | HYROX BRUNO | | |
| 15:30 | | | Ciclo virtual VIRTUAL | | | |
| 16:00 | | | | HYROX RAMÓN | | |
| 16:30 | | | Ciclo virtual VIRTUAL | | | |
| 17:00 | | | | | | |
| 17:30 | | Pilats CRISTIAN | | HYROX ALBERTO D. | | |
| 18:00 | | | | | TRX CRISTIAN | |
| 18:30 | | Pilats MIRIAM | | HYROX PABLO | | |
| 19:00 | ELIP. CRISTIAN | | C. HIIT IVÁN MATA | | | |
| 19:30 | GAP PAULA V. | YOGA MIRIAM | CICLO 45' IVÁN MATA | HYROX CRISTIAN | | KICK-BOXING LUÍS |
| 20:00 | ELIP. PAULA V. | | | | | |
| 20:30 | Body Pump PAULA V. | Pilats IVÁN PER. | CICLO 45' IVÁN MATA | HYROX ALBERTO D. | | |
| 21:00 | CIRCUITO YESS | | | | | BJJ ALEX |
| 21:30 | | Pilats PAULA V. | | HYROX ALBERTO D. | | |
| 22:00 | | | | | | |
| 22:30 | | | | | | |

## MIERCOLES

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | Pump 30' CRISTIAN | | | | | |
| 07:30 | C. HIIT CRISTIAN | | | | | |
| 08:00 | | | | | | |
| 08:30 | | | | HYROX CRISTIAN | | |
| 09:00 | | | | | | |
| 09:30 | CIRCUITO FRAN | Pilats PABLO | | | | |
| 10:00 | | | | | | |
| 10:30 | | Pilats CRISTIAN | CICLO 60 FRAN | | | |
| 11:00 | Body Pump CRISTIAN | Abdom FRAN | | | | |
| 11:30 | | | | HYROX BRUNO | | |
| 12:00 | | | | | | |
| 12:30 | | | | | | |
| 13:00 | | | | | | |
| 13:30 | | | | | | |
| 14:00 | | | | | | |
| 14:30 | | | | | | |
| 15:00 | | | | | TRX FRAN | |
| 15:30 | | | CICLO 60 FRAN | | | |
| 16:00 | | | | | | |
| 16:30 | | | | | | |
| 17:00 | | | | | | |
| 17:30 | | | | | | |
| 18:00 | | | C. HIIT FRAN | | | |
| 18:30 | | | | HYROX RAMÓN | TRX FRAN | |
| 19:00 | Zumba PAULA V. | | | | | BJJ ALEX |
| 19:30 | | | CICLO 45' IVÁN MATA | HYROX RAMÓN | | |
| 20:00 | | | | | | |
| 20:30 | LMCORE YESS | YOGA SANTI | CICLO 60 FRAN | HYROX ROI | Boxeo LUÍS | |
| 21:00 | Body Pump YESS | | | | | |
| 21:30 | | Pilats PAULA V. | | HYROX ALBERTO D. | | |
| 22:00 | | | CICLO 45' ROI | | | |
| 22:30 | | | | | | |

## JUEVES

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | | | | | | |
| 07:30 | | | | | | |
| 08:00 | | | Body Pump CRISTIAN | | | |
| 08:30 | | | | | | |
| 09:00 | | | | | | |
| 09:30 | | | | | TRX FRAN | |
| 10:00 | | YOGA MIRIAM | CICLO 60 FRAN | | | |
| 10:30 | | | | HYROX CRISTIAN | | |
| 11:00 | | | | | | |
| 11:30 | | | | | | |
| 12:00 | | | | | | NOGI ALEX |
| 12:30 | | | | | | |
| 13:00 | | | | | | |
| 13:30 | | | | | | |
| 14:00 | | | | | | |
| 14:30 | | | | | | |
| 15:00 | | | | HYROX BRUNO | | |
| 15:30 | | | Ciclo virtual VIRTUAL | | | |
| 16:00 | | | | HYROX RAMÓN | | |
| 16:30 | | | Ciclo virtual VIRTUAL | | | |
| 17:00 | | | | | | |
| 17:30 | | Pilats CRISTIAN | | HYROX ALBERTO D. | | |
| 18:00 | | | | | TRX CRISTIAN | |
| 18:30 | | Pilats MIRIAM | C. HIIT IVÁN MATA | HYROX PABLO | | |
| 19:00 | ELIP. CRISTIAN | | | | | |
| 19:30 | CIRCUITO CRISTIAN | YOGA SANTI | CICLO 45' IVÁN MATA | HYROX ALBERTO D. | | KICK-BOXING LUÍS |
| 20:00 | LMCORE CRISTIAN | | | | | |
| 20:30 | Body Pump PAULA V. | Pilats IVÁN PER. | CICLO 45' IVÁN MATA | HYROX ALBERTO D. | | |
| 21:00 | CIRCUITO YESS | | | | | BJJ ALEX |
| 21:30 | | Pilats PAULA V. | | HYROX ROI | | |
| 22:00 | | | | | | |
| 22:30 | | | | | | |

## VIERNES

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | | | | | | |
| 07:30 | | | | | | |
| 08:00 | CICLO 45' CRISTIAN | | | | | |
| 08:30 | | | | | | |
| 09:00 | | | | | | |
| 09:30 | | | | CIRCUITO CRISTIAN | | |
| 10:00 | Body Pump CRISTIAN | | | | | |
| 10:30 | | | | | | |
| 11:00 | | | | | | |
| 11:30 | | Pilats CRISTIAN | CICLO 60 FRAN | HYROX BRUNO | | |
| 12:00 | | | | | | |
| 12:30 | | | | | | BJJ MANU |
| 13:00 | | | | | | |
| 13:30 | | | | | | |
| 14:00 | | | | | | |
| 14:30 | | | | | | |
| 15:00 | | | | CIRCUITO CRISTIAN | | |
| 15:30 | | | | | | |
| 16:00 | Body Pump CRISTIAN | | | | | |
| 16:30 | | | | | | |
| 17:00 | | | C. HIIT CRISTIAN | | | |
| 17:30 | | | | | | |
| 18:00 | | | | | | |
| 18:30 | Zumba PAULA V. | Pilats MIRIAM | | HYROX ROI | | |
| 19:00 | | | | | | |
| 19:30 | Body Pump PAULA V. | YOGA MIRIAM | | HYROX ROI | | NOGI ALEX |
| 20:00 | | | | | | |
| 20:30 | | | | HYROX ROI | | |
| 21:00 | | | | | | |
| 21:30 | | | | | | Boxeo LUÍS |
| 22:00 | | | | | | |
| 22:30 | | | | | | |

## SABADO

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | | | | | | |
| 07:30 | | | | | | |
| 08:00 | | | | | | |
| 08:30 | | | | | | |
| 09:00 | | | | | | |
| 09:30 | | | | HYROX ALBERTO M. | | |
| 10:00 | | | | | | |
| 10:30 | | | CICLO 45' ARACELI | | | |
| 11:00 | | | | | | |
| 11:30 | Body Pump ARACELI | | | | | |
| 12:00 | | | | | | |
| 12:30 | | | CICLO 45' ARACELI | | | |
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| 18:00 | | | | | | |
| 18:30 | | | | HYROX ALBERTO M. | | |
| 19:00 | | | | | | |
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| 22:00 | | | | | | |
| 22:30 | | | | | | |

## DOMINGO

| HORA | Fitness 1 | Fitness 2 | Fitness SPIN. | Fitness ELIP. | FITNESS-MMA SACOS | FITNESS-MMA TATAMI |
|---|---|---|---|---|---|---|
| 07:00 | | | | | | |
| 07:30 | | | | | | |
| 08:00 | | | | | | |
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| 09:30 | | | | | | |
| 10:00 | | | | | | |
| 10:30 | | | | HYROX PABLO | | |
| 11:00 | | | | | | |
| 11:30 | Body Pump PABLO | | | | | |
| 12:00 | | | | | | |
| 12:30 | | | CICLO 60 PABLO | | | |
| 13:00 | | | | | | |
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