

FEBRERO 2021

INIC.	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	S.C		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL			
8:00	1	BODY PUMP	TBC		GAP+ESTIRAMIENTOS			
	2			TRX				
	S.C	UP CYCLING VIRTUAL		UP CYCLING		UP CYCLING		
9:00	1			BODY PUMP	ESTIRAMIENTOS	GAP+ESTIRAMIENTOS	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL
	2	TRX	BALLET FITNESS					
10:00	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING
	1	ZUMBA	TBC				YOGA	BODY PUMP
	2			BODY BALANCE	BALLET FITNESS	AERO YOGA		
11:00	S.C						UP CYCLING 11:15	UP CYCLING 11:15
	1		ESTIRAMIENTOS	SH'BAM		ZUMBA	MEDITACIÓN 15'	ESPALDA SANA
	2	BODY BALANCE			YOGA			
12:30	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL 12:30	UP CYCLING VIRTUAL 12:30
14:00	S.C	UP CYCLING	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING		
	1	TBC	BODY PUMP		BODY BALANCE			
	2			TRX				
15:30	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
17:00	1				BODY PUMP			
	2	YOGA		AERO YOGA				
18:00	1	BODY COMBAT	BODY BALANCE	ESTIRAMIENTOS	BODY JAM	TBC		
	2	MEDITACIÓN 15'		YOGA (18:15 H)				
	S.C.		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL			
18:15	S.C.	UP CYCLING		UP CYCLING		UP CYCLING		
19:00	1	SH'BAM	BODY PUMP	ZUMBA	BODY BALANCE	ESPALDA SANA		
	2			MEDITACIÓN 15'				
19:30	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING		
	2	UP BOXING		UP BOXING	YOGA			
20:00	1	BODY PUMP	BODY JAM	BODY PUMP	BODY COMBAT			