

ENERO 2019

INIC.	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	S.C	UP CYCLING VIRTUAL (7:05)	UP CYCLING	UP CYCLING VIRTUAL (7:05)	UP CYCLING	UP CYCLING VIRTUAL (7:05)		
8:00	1	BODY PUMP	TBC	TRX	GAP+ESTIRAMIENTOS			
	S.C	UP CYCLING	UP CYCLING VIRTUAL (8:15)	UP CYCLING	UP CYCLING VIRTUAL (8:15)	UP CYCLING	UP CYCLING VIRTUAL (9:15)	UP CYCLING VIRTUAL (9:15)
9:00	1	TBC		BODY PUMP	ESTIRAMIENTOS	GAP+ESTIRAMIENTOS		
	2		BALLET FITNESS	ABD HIPOPRESIVOS 30'				
10:00	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING (10:15)	UP CYCLING (10:15)
	1	ZUMBA	TBC	BODY BALANCE		BODY PUMP	YOGA (10:00-11:30)	BODY PUMP 10:30
	2				BALLET FITNESS			
11:00	S.C						UP CYCLING (11:15)	UP CYCLING (11:15)
	1	BODY BALANCE	ESTIRAMIENTOS	SH'BAM		ZUMBA		ESPALDA SANA 11:30
	2				YOGA (90')			
12:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL (12:15)	UP CYCLING VIRTUAL (12:15)
13:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
14:00	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING		
	1	BODY COMBAT	BODY PUMP		BODY BALANCE			
	2			TRX		BALLET FITNESS		
15:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	1	GAP 30'		ABDOMINALES 30'		ESPALDA SANA		
17:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	2	YOGA (90')				BODY JAM		
18:00	1	BODY COMBAT	BODY BALANCE	ESTIRAMIENTOS	BODY PUMP	TBC		
	2		BALLET FITNESS	YOGA (18:30-19:45)	BALLET FITNESS			
18:30	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING		
	2					UP BOXING (90')		
19:00	1	SH'BAM	BODY PUMP	ZUMBA	BODY BALANCE	ESTIRAMIENTOS 30'		
	2		ESPALDA SANA 30'					
19:30	1						ABD HIPOPRESIVOS 30'	
	2	CROSSUP 30'	ABD HIPOPRESIVOS 30'					
	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING		
20:00	1	BODY PUMP	BODY JAM	BODY PUMP	BODY COMBAT			
	2	UP BOXING (90')	TRX	UP BOXING (90')	YOGA (20:30-22:00)			
20:30	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING VIRTUAL		
21:00	1	BODY BALANCE	GAP+ESTIRAMIENTOS	ESPALDA SANA 30'	TBC			