

DICIEMBRE 2022

INIC.	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
8:00	1	BODY PUMP		TRX	UP COMBAT			
	VEEVO		VEEVO					
9:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING		
	1	UP DANCE		BODY BALANCE	TRX	GAP+ESTIRAMIENTOS		
	VEEVO		PILATES					
10:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL
	1	BODY BALANCE	TRX	BODY PUMP	BALLET FITNESS		BODY PUMP	
	VEEVO					VEEVO		YOGA
11:00	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING 10:00	UP CYCLING VIRTUAL
	1		ESTIRAMIENTOS	UP DANCE		ZUMBA		
	VEEVO				YOGA		UP CYCLING VIRTUAL 11:30	UP CYCLING 11:00
12:00	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
	1							
13:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	1		BODY PUMP	TRX	BODY BALANCE			
	VEEVO	VEEVO						
14:00	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL		
	1				BODY PUMP			
	VEEVO	YOGA		YOGA				
15:30	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	1				BODY PUMP			
	VEEVO							
17:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	1	UP COMBAT	BODY BALANCE	ESTIRAMIENTOS	UP COMBAT			
	VEEVO					VEEVO		
18:00	S.C		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL			
	1	UP CYCLING		UP CYCLING		UP CYCLING		
	VEEVO	VEEVO		VEEVO		PILATES		
18:30	S.C	UP CYCLING		UP CYCLING		UP CYCLING		
	1	UP DANCE	BODY PUMP	ZUMBA	BODY BALANCE			
19:00	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING VIRTUAL		
	VEEVO	UP BOXING		UP BOXING				
19:30	S.C	UP CYCLING	UP CYCLING	UP CYCLING	UP CYCLING			
	1	BODY PUMP	UP DANCE	UP COMBAT	YOGA			
20:00	S.C		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL			
	VEEVO							
21:00	S.C							