

LUNES A VIERNES DE 06:00 - 22:30 | SÁBADOS DE 08:00 - 20:00 | DOMINGOS DE 09:00 - 15:00

	Lunes	Martes	Miércoles	Jueves	Viernes
8:00	FIT&CROSS		FIT&CROSS		
8:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
9:00	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
	PILATES	YOGA	PILATES	YOGA	PILATES
	TOTAL TRAINING	ZUMBA	TOTAL TRAINING	ZUMBA	TOTAL TRAINING
	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
10:00	G.A.P.	G.A.P.	G.A.P.	G.A.P.	G.A.P.
	ZUMBA	PILATES	ZUMBA	PILATES	ZUMBA
	AQUAGYM		AQUAGYM		AQUAGYM
11:00	YOGA	BAILES CARIBEÑOS	YOGA	BAILES CARIBEÑOS	YOGA
	AQUAGYM	AQUAPILATES	AQUAGYM	AQUAPILATES	AQUAGYM
11:15		FIT&CROSS		FIT&CROSS	
12:00	CHI KUNG	YOGA	CHI KUNG	YOGA	CHI KUNG
14:00		AQUAGYM		AQUAGYM	
16:00		YOGA		YOGA	
	PILATES	PILATES	PILATES	PILATES	PILATES
17:00	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR	FIT&CROSS	CLUB DEL CORREDOR
		ZUMBA		ZUMBA	
17:15	ZUMBA		ZUMBA		ZUMBA
17:30	B.A.P.	SPINNING	B.A.P.	SPINNING	B.A.P.
18:00	SPINNING	G.A.P.	SPINNING	G.A.P.	SPINNING
18:15	STEP TRAINING	ZUMBA	STEP TRAINING	ZUMBA	STEP TRAINING
18:30	ZUMBA	SPINNING	ZUMBA	SPINNING	ZUMBA
19:00		TOTAL TRAINING		TOTAL TRAINING	
19:15	FULL BODY	FIT&CROSS	FULL BODY	FIT&CROSS	FULL BODY
	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
19:30	FIT&CROSS		FIT&CROSS		FIT&CROSS
	SPINNING		SPINNING		SPINNING
20:00		SPINNING		SPINNING	
		PILATES		PILATES	
20:15	AQUAGYM	AQUACOMBO	AQUAGYM	AQUACOMBO	AQUAGYM
	TOTAL TRAINING	STEP TRAINING	TOTAL TRAINING	STEP TRAINING	TOTAL TRAINING
20:30	YOGA		YOGA		YOGA
	SPINNING		SPINNING		
21:00		FULL BODY		FULL BODY	
21:15	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT	AQUAFIT
	ZUMBA	FIT&CROSS	ZUMBA	FIT&CROSS	ZUMBA
22:00		BAILES CARIBEÑOS		BAILES CARIBEÑOS	