

HORARIO DEL 13 AL 30 DE ENERO

| HOURS | LUNES MONDAY / MONTAG | MARTES TUESDAY / DIENSTAG | MIERCOLES WEDNESDAY / MITTWOCH | JUEVES THURSDAY / DONNERSTAG | VIERNES FRIDAY / FREITAG | SABADO SATURDAY / SAMSTAG | DOMINGO SUNDAY / SONNTAG |
|---------------|--------------------------|------------------------------|-----------------------------------|---------------------------------|-----------------------------|------------------------------|-----------------------------|
| 07:30 / 08:00 | | | | | | | |
| 08:00 / 09:00 | YOGA [Satynanda] | | | YOGA [Vinyasa] | | YOGA [Satynanda] | |
| 08:30 / 09:00 | | | | | | | |
| 08:30 / 09:30 | | | | | | | |
| 09:00 / 10:00 | YOGA [Satynanda] | | | YOGA [Satynanda] | | YOGA [Satynanda] | |
| 09:30 / 10:00 | | | | | | | |
| 09:30 / 10:30 | | BODY PUMP | PILATES | BODY PUMP | | | CROSSTRaining |
| 10:00 / 11:00 | | | | | | GROUP CYCLING | |
| 10:30 / 11:30 | | ESPALDA SANA 45' | SPIN AND FIT | ESPALDA SANA 45' | | | GROUP CYCLING |
| 11:00 / 12:00 | | | | | | BODY PUMP | |
| 11:30 / 12:30 | | CALISTENIA | | CALISTENIA | | | PILATES |
| 12:00 / 13:00 | | | | | | PILATES | |
| 13:30 / 14:30 | | GROUP CYCLING | CROSSTRaining | GROUP CYCLING | | | |
| 14:30 / 15:30 | | | | | | | |
| 16:00 / 17:00 | PILATES | YOGA [Satynanda] | YOGA [Satynanda] | | PILATES | | |
| 16:00 / 16:30 | | | | | | | |
| 16:30 / 17:00 | | | | | | | |
| 17:00 / 18:00 | BODY PUMP | ZUMBA | PILATES | ZUMBA | BODY PUMP | | |
| 17:30 / 18:30 | | | | | | | |
| 18:00 / 18:30 | | | | | | | |
| 18:00 / 19:00 | CROSSTRaining | | BODY PUMP | | CROSSTRaining | | |
| 19:00 / 20:00 | | | | | | | |
| 20:00 / 21:00 | | | | | | | |
| 21:00 / 22:00 | | | | | | | |

Aforo limitado a 6 personas. Todas las clases se realizan en zona exterior. Reserva previa de todas las actividades.