

HORARIO FEBRERO

HOURS	LUNES MONDAY MONTAG	MARTES TUESDAY DIENSTAG	MIERCOLES WEDNESDAY MITTWOCH	JUEVES THURSDAY DONNERSTAG	VIERNES FRIDAY FREITAG	SABADO SATURDAY SAMSTAG	DOMINGO SUNDAY SONNTAG
09:00 / 10:00	YOGA [Satynanda]			YOGA [Satynanda]		YOGA [Satynanda]	
09:30 / 10:30		BODY PUMP	PILATES	BODY PUMP			CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:20 / 11:00	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		
11:00 / 11:40	AQUAFITNESS		AQUAFITNESS		AQUAFITNESS		
10:30 / 11:30		ESPALDA SANA 45'	SPIN AND FIT	ESPALDA SANA 45'			GROUP CYCLING
11:00 / 12:00						BODY PUMP	
12:00 / 13:00						PILATES	
11:30 / 12:30		CALISTENIA		CALISTENIA			PILATES
13:30 / 14:30	CROSSTRaining	GROUP CYCLING	CROSSTRaining	GROUP CYCLING		FUNCTIONAL TRAINING	FUNCTIONAL TRAINING
14:30 / 16:00	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING			
16:00 / 17:00	PILATES	YOGA [Satynanda]	YOGA [Satynanda]		PILATES		
17:00 / 18:00	BODY PUMP	ZUMBA	PILATES	ZUMBA	BODY PUMP		
17:00 / 18:00		AQUAFITNESS		AQUAFITNESS			
18:00 / 19:00	CROSSTRaining		BODY PUMP		CROSSTRaining		

Aforo limitado a 6 personas. Aquafitness 4 personas por clase. Todas las clases se realizan en zona exterior. Reserva previa de todas las actividades.