



HORARIO NAVIDADES

DEL 21 DE DICIEMBRE AL 3 DE ENERO

| HORA | LUNES | S | MARTES | S | MIÉRCOLES | S | JUEVES | S | VIERNES | S | SABADO | S |
|-------|--------------------------|-------------|--------------------------|-----|--|-----|-----------------------|-----|---------------------------------|---------------------------------|----------------------------------|---|
| 7:30 | WAKE UP | FIT | WAKE UP | FIT | WAKE UP | FIT | WAKE UP | FIT | C E R R A D O | C E R R A D O | NO HABRÁ CLASES COLECTIVAS | S |
| 8:00 | | | | | | | | | | | | |
| 8:15 | CICLO-INDOOR | 2 | | | CICLO-INDOOR | 2 | | | | | | |
| 8:30 | | | STEP | 1 | ESPECIAL NAVIDAD | | LESWILL'S BODYPUMP | 1 | | | | |
| 9:00 | | | | | | | | | | | | |
| 9:15 | | | BIG DANCE | 1 | | | BatuKa | 1 | | | | |
| 9:30 | LESWILL'S BODYPUMP | 1 | | | STEP | 1 | | | | | | |
| 10:00 | | | LESWILL'S BODYBALANCE | 1 | | | LESWILL'S BODYVIVE | 1 | | | | |
| 10:15 | LESWILL'S BODYVIVE | 1 | | | GAP | 1 | | | | | | |
| 10:30 | QUEBADA RUNNING | | QUEBADA RUNNING | | QUEBADA RUNNING | | QUEBADA RUNNING | | | | | |
| 10:30 | | | ABDOMEN 15' | FIT | | | ABDOMEN 15' | FIT | | | | |
| 11:00 | | | CICLO-INDOOR | 2 | | | CICLO-INDOOR | 2 | | | | |
| 11:15 | | | | | | | ESPECIAL NAVIDAD | | | | | |
| 11:30 | ABDOMEN 15' | FIT | | | ABDOMEN 15' | FIT | | | | | | |
| 12:00 | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | |
| 13:45 | LESWILL'S BODYPUMP | 30' | STEP | 1 | | | Cardio Tonic | 1 | | | | |
| 14:00 | | | | | ABDOMEN 15' | 1 | | | | | | |
| 14:15 | | | | | | | | | | | | |
| 14:30 | CICLO-INDOOR | 2 | LESWILL'S BODYPUMP | 1 | CICLO-INDOOR | 2 | | | | | | |
| 15:00 | | | | | ESPECIAL NAVIDAD | | | | | | | |
| 15:30 | | | | | | | | | | | | |
| 16:30 | ABDOMEN 15' | FIT | ABDOMEN 15' | FIT | ABDOMEN 15' | FIT | | | | | | |
| 17:00 | | | | | | | | | | | | |
| 17:15 | Cardio Tonic | 1 | LESWILL'S BODYPUMP | 1 | Cardio Tonic | 1 | | | | | | |
| 17:30 | | | | | | | | | | | | |
| 18:00 | | | YOGA 1H | 3 | | | | | | | | |
| 18:00 | | | CICLO-INDOOR | 2 | | | | | | | | |
| 18:00 | BIG DANCE | 1 | | | STEP | 1 | | | | | | |
| 18:15 | | | LESWILL'S BODYCOMBAT | 1 | | | | | | | | |
| 18:30 | | | | | | | | | | | | |
| 18:45 | LESWILL'S BODYPUMP | | | | | | | | | | | |
| 19:00 | | | LESWILL'S BODYVIVE | 1 | | | | | | | | |
| 19:00 | LESWILL'S BODYBALANCE | 3 | ABDOMEN | 3 | | | | | | | | |
| 19:15 | CICLO-INDOOR | 2 | CICLO-INDOOR | 2 | DE 19:15 A 20:15 CLASES ESPECIALES EN SALA 1 Y SALA DE CICLO-INDOOR (RESERVA EN RECEPCIÓN) | | | | | | | |
| 19:30 | | pilates 45' | 3 | | | | | | | | | |
| 19:45 | ABDOMEN 15' | 3 | | | | | | | | | | |
| 19:45 | LESWILL'S BODYCOMBAT | 1 | Cardio Tonic | 1 | | | | | | | | |
| 20:00 | QUEBADA RUNNING | | QUEBADA RUNNING | | | | | | | | | |
| 20:00 | YOGA 45' | 3 | | | | | | | | | | |
| 20:15 | CICLO-INDOOR | 2 | | | | | | | | | | |
| 20:15 | | | ABDOMEN 15' | 3 | DE 20:15 A 21:15 CLASES ESPECIALES EN SALA 1 Y SALA DE CICLO-INDOOR (RESERVA EN RECEPCIÓN) | | | | | | | |
| 20:30 | GAP | 1 | STEP | 1 | | | | | | | | |
| 20:30 | | | CICLO-INDOOR | 2 | | | | | | | | |
| 20:30 | | | espalda sana | 3 | | | | | | | | |
| 20:45 | ABDOMEN | 3 | | | | | | | | | | |
| 21:15 | STEP | 1 | JUSHIDO | 1 | | | | | | | | |
| 21:15 | | | GAP | 3 | | | | | | | | |
| 21:30 | CICLO-INDOOR | 2 | | | CICLO-INDOOR | 2 | | | | | | |

POR CONDICIONES DE HIGIENE, ES OBLIGATORIO EL USO DE TOALLA EN TODO EL CENTRO