



HORARIO AADD DE JULIO - AGOSTO 2026

LUNES

	Actividad	🕒	📍
9:00	CROSS TRAINING	30 Min	BOX
9:30	CICLO INDOOR	1H	3
10:00	ZUMBA	1H	1
10:15	CORE	15 min	BOX
11:00	PILATES	1H	1
11:00	CORE	15 min	BOX
17:30	CROSS TRAINING	30 Min	BOX
18:15	POWER CYCLING	30 MIN	3
19:00	CORE	15 min	S.M
19:00	BODY PUMP	1H	1
19:15	CICLO INDOOR	1H	3
19:45	CORE	15 min	S.M
20:30	CROSS TRAINING	30 Min	BOX
20:30	CORE	15 min	S.M

MARTES

	Actividad	🕒	📍
9:00	YOGA	1H	1
10:00	BODY PUMP	1H	1
10:15	CORE	15 min	BOX
11:00	PILATES	1H	1
11:00	CORE	15 min	SALA
18:00	ZUMBA	1H	1
19:00	CORE	15 min	S.M
19:15	POWER CYCLING	30 MIN	3
19:45	CORE	15 min	BOX
20:00	YOGA	1H	1
20:30	CROSS TRAINING	30 Min	BOX
20:30	CORE	15 min	SALA

MIÉRCOLES

	Actividad	🕒	📍
9:00	CROSS TRAINING	30 Min	BOX
9:30	CICLO INDOOR	1H	3
10:15	CORE	15 min	BOX
11:00	PILATES	1H	1
11:00	CORE	15 min	BOX
17:30	CROSS TRAINING	30 Min	BOX
18:00	PILATES	1H	1
19:00	CORE	15 min	S.M
19:15	CICLO INDOOR	1H	3
19:45	CORE	15 min	S.M
20:30	CROSS TRAINING	30 Min	BOX
20:30	CORE	15 min	S.M

JUEVES

	Actividad	🕒	📍
10:00	GAP	1H	1
10:15	CORE	15 min	BOX
11:00	PILATES	1H	1
11:00	CORE	15 min	S.M
17:30	CROSS TRAINING	30 Min	BOX
18:15	POWER CYCLING	30 MIN	3
19:00	CORE	15 min	S.M
19:00	BODY PUMP	1H	1
19:45	CORE	15 min	S.M
20:00	YOGA	1H	1
20:30	CORE	15 min	S.M

VIERNES

	Actividad	🕒	📍
9:30	CICLO INDOOR	1H	3
11:00	BODY PUMP	1H	1
18:30	BODY PUMP	1H	1
19:30	CROSS TRAINING	30 Min	BOX

LesMILLS

LesMILLS
BODYATTACK

LesMILLS
BODYBALANCE

LesMILLS
BODYPUMP

LesMILLS
BODYCOMBAT

ZUMBA