

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
07:00 - 07:30	Zona Queenax			Queenax			
07:00 - 07:45	Studio Cycling	Virtual Cycling		Virtual Cycling		Virtual Cycling	
08:30 - 09:00	Zona Queenax				Queenax	Queenax	
	Zona TRX		TRX				
08:30 - 09:25	Sala 2	Ponte en forma				Ponte en forma	
09:00 - 09:25	Sala 2				Abdominales		
	Zona TRX				TRX		
09:30 - 10:00	Sala 1		Gluteboom				
	Sala 2			Tono			
09:30 - 10:15	Studio Cycling	Virtual Cycling	Cycling		Cycling	Cycling	
09:30 - 10:25	Sala 2					Yoga	
	Sala 1		Abdominales				
10:00 - 10:25	Sala 2	Abdominales					
10:00 - 10:30	Sala 2				Gluteboom		
10:30 - 11:00	Sala 2					Gluteboom	
10:30 - 11:15	Studio Cycling	Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling
10:30 - 11:25	Sala 2		B.Pump		B.Pump	B.Combat	
11:00 - 11:30	Sala 2					Abdominales	
11:30 - 12:00	Sala 1	Estiramientos	Estiramientos		Estiramientos	Estiramientos	
	Zona Queenax						Queenax
12:30 - 13:15	Studio Cycling		Virtual Cycling		Virtual Cycling		
14:30 - 14:55	Sala 2					Abdominales	
14:30 - 15:00	Zona Queenax				Queenax		
14:30 - 15:15	Studio Cycling	Virtual Cycling		Virtual Cycling	Virtual Cycling	Virtual Cycling	
14:30 - 15:25	Sala 2	Crosstraining					
17:30 - 17:55	Sala 2					Abdominales	
17:30 - 18:15	Studio Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling		Virtual Cycling	
18:00 - 18:25	Sala 1	Abdominales					
18:00 - 18:55	Sala 2		Yoga				
	Sala 1				Yoga		
18:00 - 19:00	Zona Boxeo	Boxeo		Boxeo			
18:30 - 19:00	Sala 2	Gluteboom					
18:30 - 19:15	Studio Cycling	Cycling	Cycling		Cycling	Virtual Cycling	
	Sala 2		Gluteboom				
19:00 - 19:30	Zona Queenax					Queenax	
19:00 - 19:55	Sala 2	Crosstraining					
19:30 - 19:55	Sala 1		Abdominales				
19:30 - 20:00	Zona Queenax			Queenax	Queenax		
	Sala 2		Tono				

19:30 - 20:15	Studio Cycling			Virtual Cycling	Virtual Cycling	Virtual Cycling	
19:30 - 20:25	Sala 2				Crosstraining		
20:00 - 20:25	Sala 2				Abdominales		
20:00 - 20:30	Sala 2			Gluteboom			
20:00 - 20:55	Sala 2	B.Pump					
20:30 - 21:15	Studio Cycling	Virtual Cycling	Virtual Cycling		Virtual Cycling	Virtual Cycling	
21:00 - 21:30	Zona Queenax	Queenax	Queenax				