

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
07:00 - 07:30	Zona Queenax			Queenax	Gap		
07:00 - 07:45	Studio Cycling	Virtual Cycling		Virtual Cycling		Virtual Cycling	
07:10 - 07:50	Studio Cycling		Cycling				
07:10 - 07:55	Sala 1		Virtual Cycling				
08:30 - 09:00	Sala 1		TRX				
	Sala 2				Stretching		
	Zona Queenax					Queenax	
08:30 - 09:25	Sala 1			Espalda Sana			
	Sala 2	Ponte en forma				Ponte en forma	
09:00 - 09:25	Sala 1				Abdominales		
09:00 - 09:30	Sala 2			Step-Funcional			
	Sala 1		Estiramientos				
09:30 - 10:00	Sala 2	Fitball		Tono			
	Sala 1		Cardiobox		Cardiobox		
09:30 - 10:15	Studio Cycling	Virtual Cycling	Cycling	Virtual Cycling	Cycling	Cycling	
09:30 - 10:25	Sala 1	B.Balance	Yoga	Pilates		Yoga	
10:00 - 10:25	Sala 1		Abdominales	Abdominales			
	Sala 2	Abdominales					
10:00 - 10:30	Sala 2				Gluteboom		
10:30 - 11:15	Studio Cycling	Cycling	Virtual Cycling	Cycling	Virtual Cycling	Virtual Cycling	Cycling
10:30 - 11:25	Sala 1		B.Pump		B.Pump		
	Sala 2	B.Combat		B.Combat		B.Combat	
11:30 - 12:00	Zona Queenax						Queenax
	Sala 1					Estiramientos	
11:30 - 12:15	Sala 1	Estiramientos	Estiramientos	Estiramientos	Estiramientos		
12:30 - 13:15	Studio Cycling		Virtual Cycling		Virtual Cycling		
14:30 - 15:00	Zona Queenax				Queenax		
14:30 - 15:15	Studio Cycling	Cycling		Virtual Cycling	Virtual Cycling	Virtual Cycling	
		Virtual Cycling					
14:30 - 15:25	Sala 1			B.Pump			
	Sala 2		Crosstraining				
14:30 - 15:55	Sala 1					Abdominales	
17:00 - 17:55	Sala 1		B.Pump				
17:30 - 17:55	Sala 1				Abdominales	Abdominales	
17:30 - 18:15	Studio Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	
17:30 - 18:25	Sala 1	Pilates					
18:00 - 18:25	Sala 1	Abdominales	Abdominales	Abdominales			
18:00 - 18:55	Sala 1		Yoga		Yoga		
	Sala 2				B.Pump		

18:30 - 19:00	Sala 2	Gluteboom		Fitball			
18:30 - 19:15	Studio Cycling	Cycling	Cycling	Cycling	Virtual Cycling	Virtual Cycling	
18:30 - 19:25	Sala 1					B.Pump	
18:30 - 19:30	Sala 1	Boxeo		Boxeo			
19:00 - 19:30	Sala 2		Gluteboom		Step-Funcional		
19:00 - 19:55	Sala 2	Crosstraining					
	Sala 1			Pilates			
19:00 - 20:00	Sala 1	Zumba		Zumba			
19:30 - 19:55	Sala 1				Abdominales		
19:30 - 20:00	Sala 2		Tono				
	Sala 1			Queenax			
19:30 - 20:15	Studio Cycling	Cycling	Virtual Cycling	Virtual Cycling	Cycling	Cycling	
						Virtual Cycling	
	Sala 1	Virtual Cycling					
	Zona Queenax			Quenaax Plus			
19:30 - 20:25	Sala 1		B.Balance				
20:00 - 20:55	Sala 2	B.Pump	B.Combat		B.Combat		
	Sala 1			B.Pump			
20:30 - 20:25	Sala 1	Abdominales					
20:30 - 20:55	Sala 1				Abdominales		
20:30 - 21:15	Studio Cycling	Virtual Cycling	Cycling	Cycling	Virtual Cycling	Virtual Cycling	
20:30 - 21:25	Sala 1				Crosstraining		
21:00 - 21:30	Sala 2			Estiramientos	Estiramientos		
	Zona Queenax	Queenax	Queenax				
	Sala 1	Estiramientos					