

		Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
06:30 - 07:15	Studio Cycling			Virtual Cycling			
07:00 - 07:30	Zona Queenax	Estiramientos		Queenax	Gap		
07:00 - 07:45	Studio Cycling	Virtual Cycling	Cycling		Virtual Cycling	Virtual Cycling	
08:30 - 09:00	Zona Queenax					Queenax	
	Zona TRX		TRX		TRX		
08:30 - 09:25	Sala 2	Ponte en forma		Espalda Sana		Ponte en forma	
09:00 - 09:25	Sala 2				Abdominales		
09:00 - 09:30	Sala 2		Estiramientos				
			Gimnasia Suave				
09:00 - 09:45	Sala 2			Step-Funcional			
09:30 - 10:00	Sala 2	Fitball			Fitball		
09:30 - 10:15	Studio Cycling	Virtual Cycling	Cycling	Virtual Cycling	Cycling	Cycling	
09:30 - 10:25	Sala 2		Yoga	Pilates		Yoga	
	Sala 1	B.Balance					
10:00 - 10:25	Sala 2	Abdominales	Abdominales				
10:00 - 10:30	Sala 2			Tono	Gluteboom		
10:30 - 10:55	Sala 2			Abdominales			
10:30 - 11:15	Studio Cycling	Cycling	Virtual Cycling	Cycling	Virtual Cycling	Virtual Cycling	Cycling
10:30 - 11:25	Sala 2	B.Combat	B.Pump	B.Combat	B.Pump	B.Pump	
	Sala 2					Estiramientos	
11:30 - 12:00	Zona Queenax						Queenax
	Sala 2	Estiramientos	Estiramientos	Estiramientos	Estiramientos		
12:30 - 13:15	Studio Cycling		Virtual Cycling		Virtual Cycling		
14:30 - 14:55	Zona Queenax					Abdominales	
14:30 - 15:00	Zona Queenax				Queenax		
14:30 - 15:15	Studio Cycling	Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	
		Virtual Cycling					
	Sala 2		Crosstraining				
14:30 - 15:25	Sala 2			B.Pump			
17:00 - 17:55	Sala 2		B.Pump				
17:30 - 17:55	Zona Queenax					Abdominales	
17:30 - 18:15	Studio Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling	
17:30 - 18:25	Sala 2	Pilates					
18:00 - 18:25	Sala 1	Abdominales	Abdominales	Abdominales			
18:00 - 18:55	Sala 2		Yoga		Yoga		
					B.Pump		
18:00 - 19:00	Zona Boxeo	Boxeo		Boxeo			
18:30 - 19:00	Sala 2	Gap		Fitball			
18:30 - 19:15	Studio Cycling	Cycling	Cycling	Cycling	Virtual Cycling	Virtual Cycling	

18:30 - 19:25	Sala 2					B.Pump	
19:00 - 19:30	Sala 2		Gluteboom		Step-Funcional		
19:00 - 19:45	Sala 1	Zumba		Bachata			
	Sala 2	Crosstraining					
19:00 - 19:55	Sala 2			Pilates			
19:30 - 19:55	Sala 2				Abdominales		
19:30 - 20:00	Sala 2		Tono				
	Zona Queenax					Gap	
19:30 - 20:15	Studio Cycling	Cycling	Cycling	Virtual Cycling	Cycling	Cycling	
		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.Pump	B.Combat		
20:30 - 20:55	Sala 1	Abdominales					
20:30 - 21:15	Studio Cycling	Virtual Cycling	Virtual Cycling	Cycling	Virtual Cycling	Virtual Cycling	
21:00 - 21:30	Sala 2	Estiramientos	Estiramientos	Estiramientos	Estiramientos		
	Zona Queenax	Queenax	Queenax				