

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

20:30 - 20:55	Sala 1	Abdominales					
20:30 - 21:15	Studio Cycling	Virtual Cycling	Virtual Cycling	Virtual Cycling		Virtual Cycling	
21:00 - 21:30	Sala 2	Estiramientos	Estiramientos	Estiramientos			
	Zona Queenax	Queenax	Queenax				