

Del 5 de OCTUBRE de 2020 al 31 de diciembre de 2020

| Horarios | Horas | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado | Domingo | ESPACIO |
|----------|---------------|------------------|---------------------|------------------|---------------------|------------------|------------------|------------------|---------------------------|
| 8:00 | 08:00 a 08:45 | | SPINNING | | SPINNING | | | | Sala de Spinning |
| | 09:00 a 09:30 | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | | | Sala de Fitness |
| 9:00 | 09:00 a 09:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| | 10:00 a 10:45 | | AGUAS PROFUNDAS | | AGUAS PROFUNDAS | | | | Piscina |
| | 10:00 a 10:45 | | | | | | SPINNING VIRTUAL | SPINNING VIRTUAL | Sala de Spinning |
| | 11:00 a 11:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | Sala de Spinning |
| | 10:30 a 10:45 | CORE | CORE | CORE | CORE | | | | Sala de Cristal |
| | 11:00 a 11:45 | | PILATES | | PILATES | | | | Sala Oroel |
| | 11:30 a 12:30 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| 11:00 | 11:30 a 12:00 | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | | | Sala de Fitness |
| | 11:00 a 11:45 | AGUA DULCES | | AGUA DULCES | | | | | Piscina |
| 12:00 | 12:00 a 12:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | Sala de Spinning |
| | 13:00 a 13:45 | | | | | | SPINNING VIRTUAL | SPINNING VIRTUAL | Sala de Spinning |
| | | | | | | | | | |
| 16:00 | 16:00 a 16:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| | 16:00 a 16:45 | AQUAGYM | AQUAPILATES | AQUAGYM | AQUAPILATES | | | | Piscina |
| 17:00 | 17:00 a 17:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| 18:00 | 18:00 a 18:45 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| | 18:00 a 19:00 | YOGA | | YOGA | | | | | Sala de Yoga |
| 19:00 | 19:00 a 20:00 | YOGA | | YOGA | | | | | Sala de Yoga |
| | 19:00 a 19:45 | SPINNING | PUMP | SPINNING | PUMP | | | | Sala de Spinning/S, Oroel |
| | 19:30 a 20:00 | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | GLOBAL FIT | | | Sala de Fitness |
| | 19:30 a 20:15 | PILATES | | PILATES | | | | | Sala Oroel |
| | 19:45 a 20:30 | | REHABILITACION AGUA | | REHABILITACION AGUA | | | | Piscina |
| 20:00 | 20:00 a 20:15 | CORE | | CORE | | CORE | | | Sala de Fitness |
| | 20:00 a 21:00 | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | SPINNING VIRTUAL | | | Sala de Spinning |
| | 20:00 a 20:30 | | GAP MOV | | GAP MOV | | | | Sala de Fitness |
| | 20:15 a 20:45 | GLOBAL FIT | | GLOBAL FIT | | | | | Sala de Fitness |
| | 20:15 a 21:00 | PUMP | | PUMP | | | | | Sala Oroel |
| 21:00 | 21:00 a 21:45 | BOOIAKA | | BOOIAKA | | | | | Sala Oroel |

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| SALA DE FITNESS | |
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| L-V | 8:00 – 13:00 |
| L-V | 16:00 – 21:00 |

- Wellness Línea:** Para los que buscan controlar su línea. Sesiones con fundamento aeróbico.
- Wellness Tono:** Para aquellos que quieren tonificar aprovechando al máximo su tiempo
- Wellness Ritmo:** Para los que buscan diversión, ritmo y complejidad de movimientos.
- Wellness Equilibrio:** Técnicas de relajación, ejercicios respiratorios y trabajo corporal.