

# HORARIO CLASES COLECTIVAS

2022



# Olimp

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
8:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
9:30	SPINNING VIRTUAL GAP	SPINNING ZUMBA	SPINNING FULL BODY	SPINNING ZUMBA	SPINNING FUNCIONAL TRAINING
10:30	SPINNING VIRTUAL	PILATES	STRETCHING (20MIN)	ABD. STRETCHING	SPINNING VIRTUAL
11:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
12:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
14:00	BODY PUMP SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	GAP SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	SPINNING VIRTUAL
15:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL
17:30	PILATES FUNCIONAL CHILD (18:00 - 19:00)	FULL BODY FUNCIONAL CHILD (18:00 - 19:00)	AERO STEP FUNCIONAL CHILD (18:00 - 19:00)	FIT DANCE FUNCIONAL CHILD (18:00 - 19:00)	YOGA FUNCIONAL CHILD (18:00 - 19:00)
18:30	FIT DANCE SPINNING VIRTUAL	PILATES SPINNING VIRTUAL	PILATES SPINNING VIRTUAL	ABD. STRETCHING SPINNING VIRTUAL	ZUMBA SPINNING VIRTUAL
19:00	SPINNING SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	SPINNING SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	SPINNING SPINNING VIRTUAL
19:30	BODY PUMP	FIT DANCE	FIT DANCE	BODY PUMP	FUNCIONAL TRAINING
20:00	FUNCIONAL TRAINING	FUNCIONAL TRAINING SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	FUNCIONAL TRAINING SPINNING VIRTUAL	SPINNING VIRTUAL
20:30	YOGA	MMA SPINNING VIRTUAL	YOGA	MMA SPINNING VIRTUAL	SPINNING VIRTUAL
21:00	FUNCIONAL TRAINING	FUNCIONAL TRAINING	AEROBOX	SPINNING VIRTUAL	SPINNING VIRTUAL
21:30	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL	SPINNING VIRTUAL

**VIERNES**

19:30H A 21:30H  
**SALSA  
BACHATA**

**20:30**

JUEVES MARTES

FINALBUDO MMA

MMA & DEFENCE METHOD  
**FINALBUDO**

H O R A R I O S A L A F I T N E S S

LUNES A JUEVES

VIERNES

SÁBADO

DOMINGO

06:00H A 23:00

06:00H A 22:30

09:00H A 14:30H / CIERRE / 17:30H A 20:00H

09:00H A 14:00H

\* Uso obligatorio de toalla, guantes y agua o bebida isotónica \* Prohibido usar las salas de actividades fuera de horario