

CLASES COLECTIVAS 2026



LUNES.				MARTES.				MIÉRCOLES.				JUEVES.				VIERNES.				SABADO.			
8:00	HATHA YOGA	SALA 1	Olga	8:30	CICLO INDOOR	SALA 2	Jackie	8:00	HATHA YOGA	SALA 1	Olga	8:30	CICLO INDOOR	SALA 2	Laura	9:30	GAP/STEP	SALA 1	Laura	9:30	COMBATT	SALA 1	Laura
9:30	Croos Training	SALA 1	Jackie	9:30	BODYPUMP	SALA 1	Laura	9:30	Croos Training	SALA 1	Jackie	9:30	PILATES	SALA 1	Jackie	10:30	LM CORE	SALA 1	Laura	10:30	BODYPUMP	SALA 1	Laura
10:30	PILATES	SALA 1	Jackie	10:30	HATHA YOGA	SALA 1	Olga	10:30	BODYPUMP	SALA 1	Laura	10:30	BODYPUMP	SALA 1	Laura	10:30	CICLO INDOOR	SALA 2	Jackie	11:30	BODY BALANCE	SALA 1	Laura
10:30	CICLO INDOOR	SALA 2	Laura	11:45	PILATES	SALA 1	Jackie	10:30	CICLO INDOOR	SALA 2	Jackie	10:30	CICLO INDOOR	SALA 2	Jackie	11:30	PILATES	SALA 1	Jackie				
14:30	LM CORE	SALA 1	Laura	14:30	BODYPUMP	SALA 1	Laura	11:30	PILATES	SALA 1	Jackie	11:30	BODY BALANCE	SALA 1	Jackie	12:30	YOGA INTEGRAL	SALA 1	Olga				
17:30	BODYPUMP	SALA 1	Laura	17:30	ZUMBA	SALA 1	Laura	14:30	GAP/STEP	SALA 1	Laura	14:30	BODYPUMP	SALA 1	Laura	14:30	BODYPUMP	SALA 1	Jackie				
18:30	CICLO INDOOR	SALA 1	Patricia	18:30	LM CORE	SALA 1	Laura	17:30	BODY BALANCE	SALA 1	Patricia	17:30	BODYPUMP	SALA 1	Patricia	17:30	GAP/STEP	SALA 1	Laura				
18:30	BODY BALANCE	SALA 1	Laura	18:30	CICLO INDOOR	SALA 2	Patricia	18:30	Croos Training	TRX	Patricia	18:30	COMBATT	SALA 1	Patricia	18:30	CICLO INDOOR	SALA 2	Jackie				
19:30	Croos Training	TRX	Patricia	19:30	Croos Training	TRX	Patricia	18:30	BODYPUMP	SALA 1	Laura	19:30	CICLO INDOOR	SALA 2	Patricia	18:30	BODYPUMP	SALA 1	Laura				
19:30	GAP/STEP	SALA 1	Laura	19:30	BODYPUMP	SALA 1	Laura	18:30	CICLO INDOOR	SALA 2	Jackie	19:30	LM CORE	SALA 1	Laura	19:30	BODY BALANCE	SALA 1	Jackie				
								19:30	PILATES	SALA 1	Jackie												
								20:30	BODYPUMP	SALA 1	Laura												

