

# HORARIO DE ACTIVIDADES DIRIGIDAS a partir de lunes 21 abril

HORA	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	HORA
9:00			<b>RPM 45'</b>	Javi	<b>RPM 45'</b>	Javi	9:00
9:30	3	<b>BODYBALANCE B</b> Jetty	YOGA 60'	Nuria	<b>BODYBALANCE B</b> Jetty	2 <b>GAP/toning B</b> Sheena	9:30
9:30	2	<b>BODYPUMP S</b> Rene			YOGA 60'	Nuria	9:30
10:00	1	<b>Circuito express 30'</b> PT	<b>BODYCOMBAT A</b> Matias	3 <b>ABS 30'</b> PT	<b>STEP/TONING S</b> Rene	2 <b>BODYCOMBAT A</b> Matias	10:00
10:00			<b>AEROBIC 30'</b> Sheena	1 <b>AEROBIC 30'</b> Sheena		1 <b>AEROBIC 30'</b> Sheena	10:00
10:30	SP	<b>RPM 45'</b> Rene	<b>ABS 30'</b> Sheena	SP <b>RPM 45'</b> Rene	<b>ABS 30'</b> PT	1 <b>ABS 30'</b> Sheena	10:30
10:30	3	<b>DIETA PREMIUM</b> PT		1 <b>ritmoLATINO</b> Mangel		3 <b>STEP/TONING S</b> Mar	10:30
11:00							11:00
11:00			<b>STEP/TONING S</b> Sheena	2 <b>PILATES</b> Gema	2 <b>BODYBALANCE B</b> Jetty	1 <b>Circuito express 30'</b> Sheena	11:00
11:30	3	<b>PILATES</b> Gema		3 <b>PILATES</b> Gema		3 <b>PILATES</b> Gema	11:30
11:30	1	<b>ABS 30'</b> PT					
12:00			<b>Strech 30'</b> PT		1 <b>Circuito express 30'</b> PT		
14:30			<b>PILATES</b> Gema	3 <b>PILATES</b> Gema	3 <b>PILATES</b> Gema		14:30
14:30	SP	<b>SPINN 60' A</b> Martin	SP <b>SPINN 60' A</b> Siv	SP <b>RPM 45'</b> Javi	SP <b>SPINN 60' A</b> Martin	<b>RPM 45'</b> Matias	14:30
14:30	2	<b>BODYPUMP S</b> Javi	2 <b>BODYCOMBAT A</b> Matias	2 <b>STEP/TONING S</b> Rene	2 <b>BODYCOMBAT A</b> Matias	2 <b>BODYPUMP S</b> Rene	14:30
15:30	2	<b>Strech 30'</b> PT	2 <b>ABS 30'</b> PT	2 <b>Circuito express 30'</b> PT	2 <b>ABS 30'</b> PT	2 <b>Strech 30'</b> PT	15:30
17:30	1	<b>Circuito express 30'</b> Sheena	1 <b>ABS 30'</b> Sheena	1 <b>Circuito express 30'</b> PT	1 <b>ABS 30'</b> Sheena	1 <b>ABS 30'</b> PT	17:30
18:00	1	<b>STEP S</b> Charo	1 <b>BODYBALANCE B</b> Sheena	2 <b>BODYCOMBAT A</b> Yuri	1 <b>ritmoLATINO</b> M Angel	1 <b>STEP S</b> Mar	18:00
18:00					2 <b>BODYPUMP S</b> Jose		18:00
18:00		<b>RPM 45'</b> Rene	<b>SPINN 60' A</b> Siv	<b>SPINN 60' A</b> Siv	<b>SPINN 60' A</b> Siv	<b>RPM 45'</b> Rene	18:00
18:30	2	<b>BODYCOMBAT A</b> Yuri	2 <b>STEP S</b> Michel	1 <b>STEP S</b> Charo	2 <b>BODYCOMBAT A</b> Matias	2 <b>BODYPUMP S</b> Rene	18:30
19:00	1	<b>ABS 30'</b> PT	1 <b>ABS 30'</b> Sheena	2 <b>Circuito express 30'</b> PT	2 <b>BODYBALANCE B</b> Sheena	1 <b>Circuito express 30'</b> PT	19:00
19:00		<b>BODYBALANCE B</b> Sheena			1 <b>STEP A</b> Magaly	2 <b>BODYCOMBAT A</b> Yuri	19:00
19:15	SP	<b>SPINN 60' A</b> Siv	SP <b>SPINN 60' A</b> Jose	SP <b>SPINN 60' A</b> Siv	SP <b>SPINN 60' A</b> Jose		19:15
19:30	2	<b>BODYPUMP S</b> Zania		2 <b>BODYPUMP S</b> Rene			19:30
19:30	3	<b>YOGA 60'</b> Nuria	<b>GAP/toning B</b> Michel	3 <b>YOGA 60'</b> Nuria	3 <b>DIETA PREMIUM</b> PT		19:30
20:00	1	<b>STEP/TONING S</b> Sheena		1 <b>ritmoLATINO B</b> M Angel	1 <b>dance</b> Magaly	1 <b>STEP S</b> Mar	20:00
20:30			<b>dance/FUNKY</b> Michel				20:30
20:30			<b>PILATES</b> Gema	1 <b>Circuito express 30'</b> PT	3 <b>PILATES</b> Gema	1 <b>Circuito express 30'</b> PT	20:30
20:30	SP	<b>SPINN 60' A</b> Siv		SP <b>RPM 45'</b> Javi		SP <b>RPM 45'</b> Javi	20:30
20:30	1	<b>ritmoLATINO</b> M Angel	2 <b>BODYPUMP S</b> Zania	2 <b>BODYCOMBAT A</b> Yuri	2 <b>BODYPUMP S</b> Javi		20:30
21:00	2		1 <b>ABS 30'</b> PT	1 <b>ABS 30'</b> PT	1 <b>ABS 30'</b> PT	1 <b>Strech 30'</b> PT	21:00
21:00	3		SP <b>SPINN 60' A</b> Martin		SP <b>SPINN 60' A</b> Martin		21:00

HORA	SALA	SABADO	
10:30	2	<b>STEP/TONING S</b>	Mar
10:30	SP	<b>SPINN 60' A</b>	Jose
11:30	2	<b>BODYPUMP S</b>	Jose
12:30	SP	<b>SPINN 60' A</b>	Martin

HORA		DOMINGO	
11:30	2	<b>dance</b>	Magaly
12:30	2	<b>AEROBIC A</b>	Magaly
12:30	SP	<b>SPINN 60' A</b>	Jesus/JoseR

Level B = **BASICO** S = **SPORT** A = **ADVENTURE** E = **EXTREME** **EXPLORER**

El centro se reserva el derecho a cambiar este horario sus monitores y suspender clases si es necesario  
The club reserves the right to change this timetable, instructors or cancel classes for reasons if needed

CENTRO DE MASAJES @ OXIGENO: DISFRUTA Y RELAJATE CON UN BUEN MASAJE.

MASAJES @ OXIGENO: ENJOY AND RELAX WITH A GOOD MASAGE

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