

SEMANA del 22-28 de junio 2026

| LUNES | | MARTES | | MIERCOLES | | JUEVES | | VIERNES | | SABADO |
|--|--------------|--------|---------|-----------|-----------|--------|------------------------|---------|------------------|--|
| 9.00 | MAQUINAS | 9.00 | MARCHA | 9.00 | MAQUINAS | 9.00 | SPININNG | 9.00 | GLUTEO | ABIERTO MUSCULACION 11-14H ABIERTO PARA MUSCULACION 6.30 a 22.30 PAQUETE PLUS |
| 10.00 | HIPOPRESIVOS | 10.00 | PILATES | 10.00 | ZUMBA | 10.00 | PILATES | 10.00 | ZUMBA | |
| 10.45 | YOGA | | | 10.45 | YOGA | | | | | |
| 11.45 | AQUAGYM | | | 11.45 | AQUAGYM | | | | | |
| MUSCULACION DE 9.00 a 13.45 Y PISCINA DE 10.30 A 13.45 de lunes a viernes | | | | | | | | | | |
| HORARIO PAQUETE PLUS DE LUNES A SABADOS 6.30 A 22.30 Y DOMINGOS DE 9.00 A 14.00 H | | | | | | | | | | |
| MUSCULACION DE 16.30 A 22.00 H Y PISCINA SE CIERRA EL DIA 24 DE JUNIO | | | | | | | | | | |
| 17.00 | ZUMBA | | | 17.00 | ZUMBA | | 17.00 SPINNING VIRTUAL | | | DOMINGOS DE 9 A 14 PAQUETE PLUS |
| 20.00 | SPINNING | 19.30 | GO RUN | 20.00 | FUNCIONAL | 19.30 | YOGA (19.30-21.00) | 20.00 | SPINNING VIRTUAL | |
| | | 20.15 | TRX | | | 20.00 | SPINNING | | | |
| 21.00 | PILATES | 20.15 | AQUAGYM | 21.00 | PILATES | | | | | |