

**SEMANA del 8-14 de junio 2026**

| LUNES  |              | MARTES |           | MIERCOLES |         | JUEVES |                    | VIERNES |                  | SABADO   |
|--|--------------|--------|-----------|-----------|---------|--------|--------------------|---------|------------------|--|
| 9.00   | MAQUINAS     | 9.00   | SPINNING  | 9.00      | TABATA  | 9.00   | TRX                | 9.00    | MARCHA           | <b>ABIERTO MUSCULACION 11-14H</b><br><br><b>ABIERTO PARA MUSCULACION 6.30 a 22.30</b><br><b>PAQUETE PLUS</b> |
| 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 |        |                    | 11.45   | AQUAGYM          |  |
| <b>MUSCULACION DE 9.00 a 13.45 Y PISCINA DE 10.30 A 13.45 de lunes a viernes</b>         |              |        |           |           |         |        |                    |         |                  |  |
| <b>HORARIO PAQUETE PLUS DE LUNES A SABADOS 6.30 A 22.30 Y DOMINGOS DE 9.00 A 14.00 H</b> |              |        |           |           |         |        |                    |         |                  |  |
| <b>MUSCULACION DE 16.30 A 22.00 H Y PISCINA DE 16.30 A 22.00 de lunes a viernes</b>      |              |        |           |           |         |        |                    |         |                  |  |
| 17.00  | ZUMBA        | 17.00  | FUNCIONAL | 17.00     | ZUMBA   | 17.00  | SPINNING           |         |                  | <b>DOMINGOS</b><br><br><b>DE 9 A 14</b><br><b>PAQUETE PLUS</b>   |
| 20.00  | SPINNING     | 19.30  | GO RUN    | 20.00     | TRX     | 19.30  | YOGA (19.30-21.00) | 20.00   | SPINNING VIRTUAL |  |
|  |              | 20.15  | FUNCIONAL |           |         | 20.00  | SPINNING           |         |                  |  |
| 21.00  | PILATES      | 20.15  | AQUAGYM   | 21.00     | PILATES | 20.15  | AQUAGYM            |         |                  |  |