HORARIO CAJA MÁGICA

CUERPO Y MENTE | ACUÁTICAS | TONIFICACIÓN | CARDIOVASCULARES | JUNIOR Y FAMILIARES | COREOGRAFIADAS | SENIOR | RAQUETA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORA
07:45	S4 I. WALKING	S1 B. PUMP	S5 B. BALANCE	S4 I. WALKING	SC CICLO			07:45
08:30		SC CICLO	S1 B. PUMP					08:30
08:45		S2		S2				08:45
09:00	SC CICLO			S5 B. BALANCE				09:00
09:15	S1 EN FORMA	S1 ZUMBA	SC CICLO	SC CICLO	S5 PILATES			09:15
09:15		S5 B. BALANCE	S5 YOGA	S1 ABE	S4 I. WALKING			09:15
09:30	AL		S1 ZUMBA		S2 ABDOMINALES	S2	S1 B. PUMP	09:30
09:30	S5 PILATES					SC CICLO		09:30
09:45		S4 I. WALKING						09:45
10:00	S4 I. WALKING		S2	S5 PILATES	S1 B. PUMP	S1 B. PUMP	SC CICLO	10:00
10:15	S1 B. PUMP	S5 YOGA	S5 PILATES	S1 B. COMBAT	SC CICLO	S5 B. BALANCE	S5 B. BALANCE	10:15
10:15	P AQUAFITNESS			P AQUAFITNESS	S5 B. BALANCE			10:15
10:30		P AQUAFITNESS	S1 GAP			S4 I. WALKING	S1 B. COMBAT	10:30
10:30	S5 B. BALANCE		AL					10:30
10:45		S1 SH'BAM						10:45
11:00							S4 I. WALKING	11:00
11:00		S2 B. COMBAT		S5 SH'BAM	S1 ZUMBA	S1 ZUMBA	S2	11:00
11:15						I1		11:15
11:15				S1 EN FORMA	P AQUAFITNESS	I2		11:15
11:15	S1 ZUMBA		S4 I. WALKING	SC CICLO	S5 YOGA	S2		11:15
11:15	SC CICLO							11:15
11:30			P AQUAFITNESS			SC CICLO	S1 SH'BAM	11:30
11:30			S1 ABE					11:30
11:30	P AQUAFITNESS	SC CICLO	S2 B. ATTACK					11:30
11:45		S1 EN FORMA						11:45
12:00						S5 YOGA	SC CICLO	12:00
12:00	S2	S2			S1 ABE	S1 B. ATTACK	S2	12:00
12:15						I2		12:15
12:15	S1 B. COMBAT	S5 PILATES				I1	S5 PILATES	12:15
12:45	S5 YOGA							12:45
12:45						S2		12:45
14:15	SC CICLO	S1 B. PUMP		S1 ATTACK-CXWORX	SC CICLO			14:15
14:15			SC CICLO					14:15
15:15	S1 GAP	S4 I. WALKING	S2		S1 B. PUMP			15:15
16:30		S5 B. BALANCE						16:30
16:45				S1 B. PUMP				16:45
17:00	S5 YOGA		S1 SH'BAM					17:00
17:15					S1 B. ATTACK			17:15
17:30	S2	S5 ZUMBA	S5 B. BALANCE	S2	S5 PILATES			17:30
17:30	S1	S2		S5 PILATES				17:30
17:45		S1 B. PUMP	SC CICLO	S1 ZUMBA	SC CICLO			17:45
18:00	I2							18:00
18:00	S2	I1	I1	I1				18:00
18:00	S1	I2	S2	I2	S1			18:00
18:00	S5 PILATES	S2	I2	S2	S2			18:00
18:00	SC CICLO	SC CICLO	S1	SC CICLO	I2			18:00
18:15			S4 I. WALKING		S1 SH'BAM			18:15
18:30	S1 B. ATTACK	AL	S5 PILATES	S5 B. BALANCE	S5			18:30
18:30	S4 I. WALKING	S5 PILATES		S4 I. WALKING				18:30
18:45		S1 B. COMBAT		S1 B. COMBAT				18:45
19:00	S5 SH'BAM	SC CICLO						19:00
19:00			I1	I1	S4 I. WALKING			19:00
19:00	I1	S2	I2	S2	I1			19:00
19:00	I2	I2	S2	I2	S2			19:00
19:00	S2	I1	S1 B. PUMP	AI	I2			19:00
19:15			SC CICLO	SC CICLO	S1 B. PUMP			19:15
19:30	P AQUAFITNESS	P AQUAFITNESS	S5 B. ATTACK	S5 YOGA				19:30
19:30	SC CICLO		P AQUAFITNESS	P AQUAFITNESS				19:30
19:30	S1 B. PUMP							19:30
19:45		S1 SH'BAM		S1 SH'BAM	SC CICLO			19:45
19:45		S4 I. WALKING						19:45
20:00	S5 B. BALANCE		AL					20:00
20:00	S2	S2	S2 ABDOMINALES		S5 YOGA			20:00
20:00	S4 I. WALKING		S1 ZUMBA		S2			20:00
20:15				S4 I. WALKING	S1 ZUMBA			20:15
20:30	S1 ABE	SC CICLO	SC CICLO	SC CICLO				20:30
20:30		S5 YOGA	S5 YOGA					20:30
20:45		S1 B. ATTACK		S1 GAP				20:45
21:00	S5 B. COMBAT		S1 ABE					21:00
21:00	SC CICLO							21:00