

ACTIVIDADES DIRIGIDAS

ABRIL



	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
7:15	1	YOGA	ACONDICIONAM. FISICO	MOVILITY	B.BALANCE	MOVILITY		
	2	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'		
7:30	2	VIRTUAL CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING		
8:00	2	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'		
	2	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING		
8:30	2	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'		
	1	PILATES	B.BALANCE	HIPOPRESIVOS	B.BALANCE	BODY PUMP	FUERZA 20'	
9:30	2	PILATES STREAMING	BALANCE STREAMING	HIPOPRESIVOS STREAMING	BALANCE STREAMING	BODY PUMP STREAMING	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'
	3		HIPOPRESIVOS	PILATES		B.BALANCE		
10:30	2	AQUAGYM		AQUAGYM		AQUAGYM		
	2	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
10:30	1	PILATES	YOGA	ZUMBA	FUERZA Y EQUILIBRIO	PILATES	BODY PUMP	FUERZA 20'
	2	PILATES STREAMING	HBX BOXING 30'	ZUMBA STREAMING	FUERZA Y EQUILIBRIO STREAM	PILATES STREAMING	BODY PUMP STREAMING	VIRTUAL HBX BOXING 30'
11:00	3			PILATES	YOGA			
	2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
11:00	2	AQUATERAPIA		AQUATERAPIA		AQUATERAPIA		
	1						RUN&WORKOUT	
11:30	1	FUERZA 20'	B.BALANCE	FUERZA 20'	B.BALANCE	YOGA	BODY PUMP	
	2	PRIVATE HBX BOXING 30'	BALANCE STREAMING	PRIVATE HBX BOXING 30'	HBX BOXING 30'	YOGA STREAMING	HBX BOXING 30'	VIRTUAL HBX BOXING 30'
12:30	3				YOGA / LUCI			
	2	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	SPINNING	SPINNING
12:30	1		CORE 20'		CORE 20'	CORE 20'	FUERZA 20'	FUERZA 20'
	2	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
13:30	2	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	2	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
14:30	1	FUERZA Y EQUILIBRIO	BODY PUMP	FUNCIONAL	BODY PUMP	B.BALANCE		
	2	FUERZA Y EQUILIBRIO	HBX BOXING 30'	FUNCIONAL STREAMING	HBX BOXING 30'	B.BALANCE STREAMING	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
15:30	3	PILATES	YOGA	PILATES	B.BALANCE			
	2	SPINNING	VIRTUAL CYCLING	SPINNING	VIRTUAL CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
15:30	1	HIPOPRESIVOS	CORE 20'	FUNCIONAL	HIPOPRESIVOS	FUERZA 20'		
	2	HIPOPRESIVOS STREAMING	VIRTUAL HBX BOXING 30'	FUNCIONAL STREAMING	HIPOPRESIVOS STREAMING	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
16:30	2	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
	2	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
17:30	2	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
	1	ZUMBA		GLUTEO 20'	GLUTEO 20'	CORE 20'		
18:00	2				VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
	1		FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'
18:30	2	FUERZA 20'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'				
	2	AQUAGYM		AQUAGYM				
18:30	2	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	1	B.BALANCE	GAP	B.BALANCE	FUERZA Y EQUILIBRIO	PILATES		
19:00	2			BALANCE STREAMING	HBX BOXING 30'	HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
	3		YOGA		YOGA	HIPOPRESIVOS		
19:00	1						CORE 20'	CORE 20'
	2	HBX BOXING 30'	HBX BOXING 30'					
19:30	2	VIRTUAL CYCLING	SPINNING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	2	AQUAGYM		AQUAGYM				
19:30	1	PILATES	FUERZA Y EQUILIBRIO	PILATES	B.BALANCE	B.BALANCE		
	2	PILATES STREAMING	FUERZA Y EQUILIBRIO	PILATES STREAMING	BALANCE STREAMING	BALANCE STREAMING	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
20:00	3		YOGA		YOGA			
	2	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING		
20:30	1	CORE 20'	B. BALANCE	CORE 20'	CORE 20'	CORE 20'		
	2	VIRTUAL HBX BOXING 30'	BALANCE STREAMING	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'		

Actividades con reserva previa con la APP mywellness

