

ACTIVIDADES DIRIGIDAS

SEPTIEMBRE



	SALA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
7:15	1	YOGA	ACOND. FISICO	MOVILITY	B.BALANCE	PILATES		
	2	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'		
7:30	3	VIRTUAL CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING		
	2	PRIVATE MOVILITY 45'	PRIVATE PILATES 45'	PRIVATE YOGA 45'	VIRTUAL ESPALDA SANA 25'	PRIVATE B.BALANCE 45'		
8:00	2	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'	FUERZA 20'		
	2	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING		
9:30	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	PILATES	B.BALANCE	B. PUMP	FUERZA 20'	
	2	PILATES STREAMING	BALANCE STREAMING	PILATES STREAMING	BALANCE STREAMING	BODY PUMP STREAMING	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'
10:30	3		HIPOPRESIVOS			B.BALANCE / JOSE		PRIVATE YOGA 45'
	2	AQUAGYM		AQUAGYM		AQUAGYM		
	2	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
11:30	1		YOGA	ZUMBA	FUERZA Y EQUILIBRIO	PILATES	B. PUMP	FUERZA 20'
	2					PILATES STREAMING	BODY PUMP STREAMING	VIRTUAL HBX BOXING 30'
	3	PRIVATE YOGA 45'			YOGA	PRIVATE HIPOPRESIVOS 45'	VIRTUAL B.BALANCE 45'	
12:30	2	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	1	AQUATERAPIA		AQUATERAPIA		AQUATERAPIA		
	2	FUERZA 20'		FUERZA 20'		YOGA	B. BALANCE	
13:30	2	PRIVATE HBX BOXING 30'		PRIVATE HBX BOXING 30'			HBX BOXING 30'	VIRTUAL HBX BOXING 30'
	1	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	VIRTUAL HIPOPRESIVOS 45'	VIRTUAL PILATES 45'
	2		CORE 20'		CORE 20'	CORE 20'	FUERZA 20'	FUERZA 20'
14:30	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'
	3	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	3	PRIVATE YOGA 45'	PRIVATE PILATES 45'	PRIVATE B.BALANCE 45'	PRIVATE MOVILITY 45'	VIRTUAL ESPALDA SANA 25'		
15:30	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'
	1	FUERZA Y EQUILIBRIO	B. PUMP	FUNCIONAL	B. PUMP	B.BALANCE		
	2	FUERZA Y EQUILIBRIO STREAMING	BODY PUMP STREAMING	FUNCIONAL STREAMING	HBX BOXING 30'	B.BALANCE STREAMING	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
16:30	3		YOGA	PRIVATE PILATES 45'	B.BALANCE	PRIVATE YOGA 45'		
	1	SPINNING	SPINNING	SPINNING	VIRTUAL CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
	2	HIPOPRESIVOS	CORE 20'	FUNCIONAL	STRETCHING 20'	FUERZA 20'		
17:00	2	STRETCHING 20'	VIRTUAL HBX BOXING 30'			PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'	PRIVATE HBX BOXING 30'
	3	PRIVATE B.BALANCE 45'		VIRTUAL YOGA 45'	PRIVATE PILATES 45'		PRIVATE YOGA 45'	PRIVATE YOGA 45'
	2	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
18:00	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'
	3	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING	PRIVATE CYCLING
	3	VIRTUAL MOVILITY 45'	PRIVATE HIPOPRESIVOS 45'	VIRTUAL ESPALDA SANA 25'	VIRTUAL ESPALDA SANA 25'	PRIVATE MOVILITY 45'	PRIVATE HIPOPRESIVOS 45'	PRIVATE B.BALANCE 45'
18:30	1	ZUMBA	HIIT 20'	GLUTEO 20'	GLUTEO 20'	CORE 20'		
	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'		
19:00	2	FUERZA 20'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'				
	2	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
	2	AQUAGYM		AQUAGYM				
19:30	1	B.BALANCE	GAP	B.BALANCE	B. PUMP	PILATES		
	2			B.BALANCE STREAMING			VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
	3	VIRTUAL YOGA 45'	YOGA	PRIVATE YOGA 45'	YOGA		VIRTUAL ESPALDA SANA 25'	VIRTUAL YOGA 45'
20:00	1						CORE 20'	CORE 20'
	2	HBX BOXING 30'	HBX BOXING 30'		HBX BOXING 30'			
	2	VIRTUAL CYCLING	VIRTUAL CYCLING	SPINNING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
20:30	2	AQUAGYM		AQUAGYM				
	1	PILATES	B. PUMP	PILATES	GAP	B.BALANCE		
	2	PILATES STREAMING	BODY PUMP STREAMING	HBX BOXING 30'	GAP STREAMING	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'
21:00	3	VIRTUAL YOGA 45'	YOGA	VIRTUAL YOGA 45'	YOGA	PRIVATE YOGA 45'	PRIVATE PILATES 45'	PRIVATE MOVILITY 45'
	2	PRIVATE CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING	PRIVATE CYCLING	VIRTUAL CYCLING		
	1	CORE 20'	B.BALANCE	CORE 20'	CORE 20'	CORE 20'		
21:30	2	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'	VIRTUAL HBX BOXING 30'	VIRTUAL HBX BOXING 30'	PRIVATE HBX BOXING 30'		
	3		PRIVATE YOGA 45'		PRIVATE YOGA 45'			

Actividades con reserva previa con la APP mywellness

