



HORARIOS DE CLASES 2026

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:00 - 08:00	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	
08:00 - 09:00	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.	Fitness Force	Fitness Force	
09:00 - 10:00	Bungee	Cross Training	Cross Training	Cross Training	Cross Training	Bungee
	Spinning	Spinning	Core Time	Spinning	Core Time	
10:00 - 11:00	Cross Training	Bungee	Bungee	Bungee	Bungee	Fitness Force
	Fitness Force	Fitness Force	Spinning	Core Time	Fitness Force	
11:00 - 12:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training
	Spinning	Fitness Force	Fitness Force	Spinning	Fitness Force	
12:00 - 13:00	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.
	Fitness Force	Spinning	Core Time	Entrenamiento Pers.	Core Time	
13:00 - 14:00	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Fitness Force	Fitness Force
14:00 - 15:00	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	
15:00 - 16:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
16:00 - 17:00	Entrenamiento Pers.	Cross Training	Cross Training	Entrenamiento Pers.	Entrenamiento Pers.	
17:00 - 18:00	Vital Kids	Bungee Kids	Vital Kids	Bungee Kids	Cross Training	
	Core Time	Spinning	Core Time	Spinning	Fitness Force	
18:00 - 19:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
	Spinning	Fitness Force	Spinning	Fitness Force	Core Time	
19:00 - 20:00	Bungee	Bungee	Bungee	Bungee	Bungee	
	Body Balance	Spinning	Body Balance	Spinning	Spinning	
20:00 - 21:00	Cross Training	Cross Training	Cross Training	Cross Training	Cross Training	
	Spinning	Fitness Force	Spinning	Fitness Force	Core Time	
21:00 - 22:00	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	

FORCE = CON EMS
 FUNCIONAL= SIN EMS