

# HORARIO

## DEL 19 OCTUBRE AL 25 OCTUBRE 2026

| REGISTRO       |
|----------------|
| 11/01/21       |
| CÓDIGO: R-8-38 |
| REVISIÓN: 01   |
| PÁGINA: 1 DE 1 |

| HORARIOS | LUNES                         | MARTES                        | MIÉRCOLES                        | JUEVES                         | VIERNES                       | SÁBADO           |
|----------|-------------------------------|-------------------------------|----------------------------------|--------------------------------|-------------------------------|------------------|
| ☉ 08:30  | SALA FITNESS PRE YOGA         | SALA FITNESS PRE ENDURANCE    | PILATES REMO                     | SALA FITNESS PRE GAP BODY PUMP | REMO                          | SALA FITNESS PRE |
| ☉ 09:30  | SALA FITNESS PRE CICLO        | GAP                           | SALA FITNESS PRE C. FUNCIONAL    | ENDURANCE                      | SALA FITNESS PRE CICLO        | SALA FITNESS PRE |
| ☉ 10:30  |                               | FITNESS ORO YOGA              |                                  | FITNESS ORO                    | FITNESS ORO 'MULTISALA'       | SALA FITNESS PRE |
| ☉ 11:30  |                               | SALA FITNESS PRE              |                                  | SALA FITNESS PRE               |                               | SALA FITNESS PRE |
| ☉ 12:30  |                               |                               |                                  |                                |                               |                  |
| ☉ 14:30  |                               | PILATES                       |                                  | PILATES                        |                               |                  |
| ☉ 15:30  | CORE                          |                               | C. FUNCIONAL                     |                                |                               |                  |
| ☉ 17:00  |                               | SALA FITNESS PRE C. FUNCIONAL | C. FUNCIONAL                     | SALA FITNESS PRE FLEX & MOVE   | PILATES                       |                  |
| ☉ 18:00  | SALA FITNESS PRE              | SALA FITNESS PRE BODY PUMP    | SALA FITNESS PRE                 | SALA FITNESS PRE DANCE FIT     | SALA FITNESS PRE DANCE KIDS   |                  |
| ☉ 19:00  | SALA FITNESS PRE C. FUNCIONAL | SALA FITNESS PRE CICLO        | SALA FITNESS PRE CICLO DANCE FIT | SALA FITNESS PRE BODY PUMP     | SALA FITNESS PRE C. FUNCIONAL |                  |
| ☉ 20:00  | PILATES REMO                  | SALA FITNESS PRE              | SALA FITNESS PRE                 | REMO                           |                               |                  |

TU ENTRENAMIENTO  
TU MEJOR VERSIÓN

# HORARIO

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| REVISIÓN: 01   |
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| HORARIOS | LUNES                           | MARTES                          | MIÉRCOLES                   | JUEVES                          | VIERNES                     | SÁBADO           | DOMINGO      |
|----------|---------------------------------|---------------------------------|-----------------------------|---------------------------------|-----------------------------|------------------|--------------|
| 🕒 07:00  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS     | SALA FITNESS |
| 🕒 08:30  | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS<br>SALA HANGAR | SALA FITNESS PRE<br>SALA HANGAR | SALA FITNESS<br>SALA HANGAR | SALA FITNESS PRE | SALA FITNESS |
| 🕒 09:30  | SALA FITNESS PRE                | SALA FITNESS                    | SALA FITNESS PRE            | SALA FITNESS                    | SALA FITNESS PRE            | SALA FITNESS PRE | SALA FITNESS |
| 🕒 10:30  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS PRE | SALA FITNESS |
| 🕒 11:30  | SALA FITNESS                    | SALA FITNESS PRE                | SALA FITNESS                | SALA FITNESS PRE                | SALA FITNESS                | SALA FITNESS PRE | SALA FITNESS |
| 🕒 12:30  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS     | SALA FITNESS |
| 🕒 13:30  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS     | SALA FITNESS |
| 🕒 14:30  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                |                  |              |
| 🕒 15:30  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                |                  |              |
| 🕒 17:00  | SALA FITNESS                    | SALA FITNESS PRE                | SALA FITNESS                | SALA FITNESS PRE                | SALA FITNESS                |                  |              |
| 🕒 18:00  | SALA FITNESS PRE                | SALA FITNESS PRE                | SALA FITNESS PRE            | SALA FITNESS PRE                | SALA FITNESS PRE            |                  |              |
| 🕒 19:00  | SALA FITNESS PRE                | SALA FITNESS PRE                | SALA FITNESS PRE            | SALA FITNESS PRE                | SALA FITNESS PRE            |                  |              |
| 🕒 20:00  | SALA FITNESS                    | SALA FITNESS PRE                | SALA FITNESS PRE            | SALA FITNESS                    | SALA FITNESS                |                  |              |
| 🕒 21:00  | SALA FITNESS                    | SALA FITNESS                    | SALA FITNESS                | SALA FITNESS                    | SALA FITNESS                |                  |              |

