

Horario Actividades Dirigidas Top Health La Victoria

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------------|-------------------|------------------------|-------------------|------------------------|------------------------|-------------------|-------------------|
| 7:45-8:30 | BODY PUMP VIRTUAL | SPINNING VIRTUAL | VIRTUAL CARDIO | SPINNING VIRTUAL | BODY PUMP VIRTUAL | | |
| 8:30-9:30 | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | | |
| 9:30-10:30 | YOGA | VIRTUAL CUERPO Y MENTE | YOGA | VIRTUAL CUERPO Y MENTE | VIRTUAL CUERPO Y MENTE | | |
| 10:00-11:00 | HIDROGYM | | HIDROGYM | AQUADANCE | | SPINNING VIRTUAL | BODY PUMP VIRTUAL |
| 10:30-11:15 | | | BODY PUMP EXPRESS | | TRX | | |
| 11:00-11:45 | | SPINNING | | SPINNING | | | SPINNING VIRTUAL |
| 11:00-12:00 | | | | | | BODY PUMP VIRTUAL | |
| 11:15-12:00 | HEALTH CIRCUIT | | HEALTH CIRCUIT | | | | |
| 12:00-12:45 | | | | | | SPINNING VIRTUAL | |
| 12:00-13:00 | | PILATES | | PILATES | | | BODY PUMP VIRTUAL |
| 13:00-14:00 | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | | |
| 14:30-15:15 | BODY PUMP VIRTUAL | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | BODY PUMP VIRTUAL | | |
| 15:30-16:30 | SPINNING VIRTUAL | VIRTUAL CUERPO Y MENTE | SPINNING VIRTUAL | BODY PUMP VIRTUAL | SPINNING VIRTUAL | | |
| 18:00-18:45 | TRX | VIRTUAL CARDIO | TRX | BODY PUMP VIRTUAL | SPINNING VIRTUAL | | |
| 19:00-20:00 | BODY PUMP | GAP | BODY PUMP | HIIT | BODY PUMP | | |
| 20:00-20:45 | SPINNING | BOX -TOP | SPINNING | GAP | SPINNING VIRTUAL | | |
| 20:00-21:00 | HIDROGYM | | NAT. TERAPÉUTICA | AQUACROSS | | AGOSTO | |
| | PILATES | YOGA | PILATES | YOGA | | | |
| 21:00-21:45 | HIIT | SPINNING | BOX -TOP | BODY PUMP | | | |
| 21:00-22:00 | | KICK BOXING | | | | | |

EN CIRCUNSTANCIAS CRÍTICAS, EL HORARIO DE ACTIVIDADES PODRÍA SUFRIR ALGÚN CAMBIO DE ÚLTIMA HORA. LA DIRECCIÓN HARÁ TODO LO POSIBLE PARA COMUNICAR PREVIAMENTE DICHOS CAMBIOS EN EL TABLÓN DE ANUNCIOS.

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| CATEGORIAS | CARDIOVASCULAR | ALTA INTENSIDAD | MEDIO ACUÁTICO | TONIFICACIÓN-FUERZA | TERAPEÚTICAS | CUERPO Y MENTE | COMBATE |
|------------|----------------|-----------------|----------------|---------------------|--------------|----------------|---------|

