

| | 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 | | VIRTUAL CUERPO Y MENTE | YOGA | VIRTUAL CUERPO Y MENTE | | | |
| 10:00-11:00 | HIDROGYM | NAT. TERAPÉUTICA | HIDROGYM | AQUADANCE | AQUACROSS | | |
| 10:30-11:15 | | | BODY PUMP EXPRESS | | | | |
| 10:30-11:30 | | | | | | | |
| 11:00-11:45 | | SPINNING | | SPINNING | TRX | | SPINNING VIRTUAL |
| 11:15-11:45 | | | | | | | |
| 11:15-12:00 | HEALTH CIRCUIT | | | | | | |
| 11:30-12:00 | | ESPALDA SANA | | ESPALDA SANA | | | |
| 11:30-12:15 | | | HEALTH CIRCUIT | | | | |
| 11:15-12:15 | | | | | | | |
| 12:00-12:45 | PILATES | | | PILATES | | SPINNING | |
| 12:45-13:30 | PILATES | | | PILATES | | | |
| 12:00-13:00 | | PILATES | | | PILATES | | BODY PUMP VIRTUAL |
| 14:30-15:15 | BODY PUMP VIRTUAL | FUNCIONAL TRAINING | | 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 | BOX-TOP OUTDOOR | TRX | BODY PUMP | | | |
| 18:00-19:00 | | | | | | | |
| 19:00-19:45 | BODY PUMP | GAP | BODY PUMP | GAP | HIIT | | |
| 19:30-20:14 | | | | | | | |
| 19:30-20:00 | SUPER-GLUTOP | | ABDOMINAL EXPRESS | | | | |
| 19:30-20:15 | | | | | | | |
| 20:00-20:45 | SPINNING | | SPINNING | CLUB CORREDORES | | | |
| 20:00-21:00 | HIDROGYM | AQUACROSS | HIDROGYM | NAT. TERAPÉUTICA | | | |
| | | YOGA | PILATES | YOGA | | | |
| 20:30-21:15 | | | BOX-TOP OUTDOOR | BOX-TOP OUTDOOR | | | |
| 21:00-21:45 | HIIT | TRX | | | | | |

ABRIL

EN CIRCUNSTANCIAS CRÍTICAS, PUEDE QUE EL HORARIO DE CLASES SUFRA ALGÚN CAMBIO DE ÚLTIMA HORA. LA DIRECCIÓN HARÁ TODO LO POSIBLE PARA EVITAR ESTO. VISITA NUESTRO PERFIL EN www.facebook.com/TopHealth

| ACTIVIDADES ESPECIALES | SEMANA 9ª ANIVERSARIO TOP HEALTH LA VICTORIA 12-18 ABRIL 2021 | | | | |  Top Health La Victoria 1 <small>1º PREMIO MEJOR GIMNASIO DEL MUNDO</small> |  LAVICTORIA tophealth <small>SALUD & DEPORTE</small> | | |
|------------------------|--|-----------------------------------|------------------------------------|-----------------------------------|---------------------------------|---|--|--|--|
| | COMBOTOP TRAINING DIA 12 A LAS 11:15 | HIDROGYMPUMP DIA13 A LAS 20:00 | MARATON CLASS DIA14 A LAS 19:00 | YOGA NATURE DIA 15 A LAS 20:00 | HIDROPUMP DIA 16 A LAS 10:00 | | | | |
| | ZUMDANCE DIA 5 Y 12 A LAS 20:00 | | | | | | | | |
| | GYMKANA 9ª ANIVERSARIO DIA 12 A LAS 20:00 | GAP OUTDOOR DIA 13 A LAS 19:00 | YOGA NATURE DIA 14 A LAS 9:30 | AQUAMUSIC DIA 15 A LAS 10:00 | | | | | |
| | SENDERISMO DIA 17 DE ABRIL. LOS 3 PUENTES | | | | | | | | |
| CATEGORIAS | CARDIOVASCULAR | ALTA INTENSIDAD | MEDIO ACUÁTICO | TONIFICACIÓN-FUERZA | TERAPEÚTICAS | CUERPO Y MENTE | COMBATE | | |