# Horario semanal

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|---|---|---|---|---|
| **08:30** | | Tai Chi 8:30–9:30 | | Tai Chi 8:30–9:30 | |
| **09:30** | | Pilates 9:30–10:30 | | Pilates 9:30–10:30 | |
| **10:00** | Total Fit 10:00–11:00 | | Total Fit 10:00–11:00 | | |
| **10:30** | | Ciclo Indoor 10:30–11:30 | | Ciclo Indoor 10:30–11:30 | |
| **11:30** | | Yoga 11:30–12:30 | | Yoga 11:30–12:30 | |
| **17:45** | Yoga 17:45–18:45 | | Yoga 17:45–18:45 | | |
| **18:00** | Wu Shu I. 18:00–19:00 | Ciclo Indoor 18:00–19:00<br>Wu Shu I. 18:00–19:00 | Wu Shu I. 18:00–19:00 | Ciclo Indoor 18:00–19:00<br>Wu Shu I. 18:00–19:00 | |
| **19:00** | Step 19:00–20:00<br>Wu Shu J. 19:00–20:00 | Total Fit 19:00–20:00<br>Tai Chi 19:00–20:00 | Wu Shu J. 19:00–20:00 | Total Fit 19:00–20:00<br>Tai Chi 19:00–20:00 | Step 19:00–20:00 |
| **20:00** | Pilates 20:00–21:00<br>Wu Shu 20:00–21:00 | Pilates 20:00–21:00<br>Tai Chi 20:00–21:00 | Pilates 20:00–21:00<br>Wu Shu 20:00–21:00 | Pilates 20:00–21:00<br>Tai Chi 20:00–21:00 | Wu Shu (Comp.) 20:00–21:00 |
| **20:15** | Ciclo Indoor 20:15–21:15 | | Ciclo Indoor 20:15–21:15 | | Ciclo Indoor 20:15–21:15 |
| **21:00** | Pilates 21:00–22:00<br>Zumba Fit 21:00–22:00 | | Pilates 21:00–22:00<br>Zumba Fit 21:00–22:00 | | |