

# FITNESS CEB



## HORARIO DE CLASES COLECTIVAS SEPTIEMBRE 2022

| Hora/sala   | LUNES                   |                      |       |                         |                  | MARTES                      |                       |                           |                         |                            | MIERCOLES |                  |       |                         |                      |
|-------------|-------------------------|----------------------|-------|-------------------------|------------------|-----------------------------|-----------------------|---------------------------|-------------------------|----------------------------|-----------|------------------|-------|-------------------------|----------------------|
|             | FITNESS                 | SALA 1               | CICLO | TATAMI                  | GIMNASIO ANTIGUO | BOXEO                       | SALA 1                | CICLO                     | TATAMI                  | GIMNASIO ANTIGUO           | FITNESS   | SALA 1           | CICLO | TATAMI                  | GIMNASIO ANTIGUO     |
| 10,00-11,00 |                         |                      |       |                         |                  |                             |                       |                           |                         |                            |           |                  |       |                         |                      |
| 11,00-12,00 |                         |                      |       |                         |                  |                             | TOTAL TRAINING        |                           |                         |                            |           |                  |       |                         |                      |
| 12,00-13,00 |                         | PILATES *            |       |                         |                  |                             |                       |                           |                         |                            |           | PILATES *        |       |                         |                      |
| 13,00-14,00 | GAP 20' *               |                      |       |                         |                  |                             |                       |                           |                         |                            |           |                  |       |                         |                      |
| 14,00-15,00 |                         | KETTLEBELL 30' *     |       |                         |                  |                             | STRETCH 30' *         |                           |                         |                            |           | FUNCIONAL 30' *  |       |                         |                      |
| 15,00-16,00 | CERRADO                 |                      |       |                         |                  |                             |                       |                           |                         |                            |           |                  |       |                         |                      |
| 16,00-17,00 |                         |                      |       |                         |                  |                             |                       |                           |                         |                            |           |                  |       |                         |                      |
| 17,00-18,00 |                         |                      |       | GYMNASICS 17:30 a 18:30 |                  |                             |                       |                           | GYMNASICS 17:30 a 18:30 |                            |           |                  |       | GYMNASICS 17:30 a 18:30 |                      |
| 18,00-19,00 |                         | KARATE 18:00 - 21:00 |       |                         |                  |                             | HIPOPRESIVOS 45'      |                           |                         |                            |           |                  |       |                         |                      |
| 19,00-20,00 | CORE 30' *              |                      |       | POLE DANCE 18:30-20:00  |                  | GLOBAL TRAINING 19:30-20:30 |                       | ZUMBA DANCE 19:00 a 19:50 | CICLO 19,00 a 19,50     | TELAS AEREAS 18,30 a 21:00 |           | KETTLEBELL 30' * |       | KARATE 18:00 - 21:00    | ACROYOGA 18:30-20:00 |
| 20,00-21,00 |                         |                      |       |                         |                  |                             | PILATES 20:00 a 21:00 |                           |                         |                            |           |                  |       |                         |                      |
| 21,00-22,00 | ABDOM 20' 21,00 a 21,20 |                      |       |                         |                  |                             |                       |                           |                         |                            |           | ABD 20' *        |       |                         |                      |

| Hora/sala   | JUEVES  |                                |                     |                           |       |                  | VIERNES |                            |                     |                            |                           |  |
|-------------|---------|--------------------------------|---------------------|---------------------------|-------|------------------|---------|----------------------------|---------------------|----------------------------|---------------------------|--|
|             | FITNESS | SALA 1                         | CICLO               | TATAMI                    | BOXEO | GIMNASIO ANTIGUO | FITNESS | SALA 1                     | CICLO               | TATAMI                     | GIMNASIO ANTIGUO          |  |
| 10,00-11,00 |         |                                |                     |                           |       |                  |         | HIPOPRESIVOS 10:45 a 11:30 |                     |                            |                           |  |
| 11,00-12,00 |         | TOTAL TRAINING                 |                     |                           |       |                  |         |                            |                     |                            | ZUMBA DANCE 11:30 a 12:30 |  |
| 12,00-13,00 |         |                                |                     |                           |       |                  |         |                            |                     |                            |                           |  |
| 13,00-14,00 |         |                                |                     |                           |       |                  |         |                            |                     |                            |                           |  |
| 14,00-15,00 |         | STRETCH 30' *                  |                     |                           |       |                  |         | GAP 30' *                  |                     |                            |                           |  |
| 15,00-16,00 | CERRADO |                                |                     |                           |       |                  |         |                            |                     |                            |                           |  |
| 16,00-17,00 |         |                                |                     |                           |       |                  |         |                            |                     | TELAS AEREAS 16:30 a 18:00 |                           |  |
| 17,00-18,00 |         |                                |                     | GYMNASICS 17:30 a 18:30   |       |                  |         |                            |                     |                            |                           |  |
| 18,00-19,00 |         | MOVIMIENTO NATURAL 18:00-18:30 |                     |                           |       |                  |         |                            | CICLO 18,00 a 18,50 |                            |                           |  |
| 19,00-20,00 |         | CARDIO 18:30-19:00             | CICLO 19,00 a 19,50 | CIRCO / ARO 18,30 a 20:00 |       |                  |         | KARATE 18:00 - 21:00       |                     |                            | CORE 19:00-19:30          |  |
| 20,00-21,00 |         | PILATES 20:00 a 21:00          |                     |                           |       |                  |         |                            |                     |                            | STRETCH 19:30-20:00       |  |
| 21,00-22,00 |         |                                |                     |                           |       |                  |         |                            |                     |                            |                           |  |

| NIVEL DE INTENSIDAD |               |
|---------------------|---------------|
| ■                   | SUAVE         |
| ■                   | NORMAL        |
| ■                   | ALTA          |
| ■                   | COREOGRAFIADO |

| ESCUELAS DE PAGO |                    |
|------------------|--------------------|
| CIRCO            | A partir de 4 años |
| ARO AÉREO        | A partir de 8 años |
| TELAS AEREAS     | A partir de 4 años |

**NOTAS:**

- \* Las clases de GAP, ABD y STRETCH son de 20'
- \* Las clases de ciclo serán de una duración de 50'
- \* Mínimo de 3 alumnos para realizar las clases
- \* Clases de zumba a partir de 16 años

| Hora/sala   | SABADO  |                             |                        |                            |                  |                     | DOMINGO               |           |                      |                            |                  |                     |                     |  |         |
|-------------|---------|-----------------------------|------------------------|----------------------------|------------------|---------------------|-----------------------|-----------|----------------------|----------------------------|------------------|---------------------|---------------------|--|---------|
|             | FITNESS | SALA 1                      | CICLO                  | TATAMI                     | GIMNASIO ANTIGUO | BOXEO               | FITNESS               | SALA 1    | CICLO                | TATAMI                     | GIMNASIO ANTIGUO | BOXEO               | AUDITORIO           |  |         |
| 10,30-11,00 |         |                             |                        |                            |                  |                     |                       |           |                      |                            |                  |                     |                     |  |         |
| 11,00-12,00 |         | KARATE 11:30 - 14:30        |                        |                            | PILATES *        |                     |                       | PILATES * |                      |                            |                  |                     |                     |  |         |
| 12,00-13,00 |         |                             | CICLO 12,00 a 12,50    |                            |                  |                     |                       |           | CICLO 12,00 a 12,50  |                            |                  |                     |                     |  |         |
| 13,00-14,00 |         |                             |                        | HIPOPRESIVOS 45'           |                  |                     | TRX 13,10 a 13,40     |           | KARATE 12:00 - 15:00 |                            |                  |                     |                     |  |         |
| 14,00-15,00 |         |                             |                        |                            |                  |                     | GAP 20' 13,40 a 14,00 |           |                      |                            |                  |                     |                     |  |         |
| 15,00-16,30 | CERRADO |                             |                        |                            |                  |                     | CERRADO               |           |                      |                            |                  |                     | CIRCO 16:00 a 17:00 |  | CERRADO |
| 17,00-18,00 |         | BALANCE *                   |                        | TELAS AEREAS 17:00 a 18:00 |                  | BAILE 15:30 - 20:00 |                       | PILATES * |                      | TELAS AEREAS 17:00 a 18:00 |                  | BAILE 15:00 - 18:00 |                     |  |         |
| 18,00-19,00 |         | ZUMBA DANCE                 |                        | ARO 18:00 a 19:00          |                  |                     |                       |           |                      |                            |                  |                     |                     |  |         |
| 19,00-20,00 |         | FUNCIONAL 30' 19,00 a 19,30 | POLE DANCE 19:15-20:15 |                            |                  |                     |                       |           |                      |                            |                  |                     |                     |  |         |
| 20,00-21,00 |         |                             |                        |                            |                  |                     |                       |           |                      |                            |                  |                     | CERRADO             |  |         |

\*Horario sujeto a posibles cambios según demanda.



Clases colectivas incluidas con la Tarifa "Fitness todo incluido"