

| HORARIO<br>ACTIVIDADES | LUNES                            |                                 |                           |                                | MARTES                            |                                 |                           |                        | MIÉRCOLES                        |                                 |                           |                                | JUEVES                            |                                 |                           |                        | VIERNES                           |                                 |                      |                                | SÁBADO                           |                                 |                                |      |
|------------------------|----------------------------------|---------------------------------|---------------------------|--------------------------------|-----------------------------------|---------------------------------|---------------------------|------------------------|----------------------------------|---------------------------------|---------------------------|--------------------------------|-----------------------------------|---------------------------------|---------------------------|------------------------|-----------------------------------|---------------------------------|----------------------|--------------------------------|----------------------------------|---------------------------------|--------------------------------|------|
|                        | SALA<br>COLECTIVA                | SALA<br>CICLO                   | ZONA<br>FUNCIONAL         | AGUA                           | SALA<br>COLECTIVA                 | SALA<br>CICLO                   | ZONA<br>FUNCIONAL         | AGUA                   | SALA<br>COLECTIVA                | SALA<br>CICLO                   | ZONA<br>FUNCIONAL         | AGUA                           | SALA<br>COLECTIVA                 | SALA<br>CICLO                   | ZONA<br>FUNCIONAL         | AGUA                   | SALA<br>COLECTIVA                 | SALA<br>CICLO                   | ZONA<br>FUNCIONAL    | AGUA                           | SALA<br>COLECTIVA                | SALA<br>CICLO                   | ZONA<br>FUNCIONAL              | AGUA |
| 7:00 - 7:30            |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 7:30 - 8:00            |                                  | CICLO<br>VIRTUAL<br>7:30-8:15   |                           |                                |                                   |                                 |                           |                        |                                  | CICLO<br>VIRTUAL<br>7:30-8:15   |                           |                                |                                   |                                 |                           |                        |                                   | CICLO<br>VIRTUAL<br>7:30-8:15   |                      |                                |                                  |                                 |                                |      |
| 8:00 - 8:30            |                                  |                                 |                           |                                |                                   | CICLO<br>VIRTUAL<br>8:00-8:45   |                           |                        |                                  |                                 |                           |                                |                                   | CICLO<br>VIRTUAL<br>8:00-8:45   |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 8:30 - 9:00            |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 9:00 - 9:30            |                                  |                                 |                           |                                |                                   |                                 | TOTAL CORE<br>9:00-9:30   |                        |                                  |                                 |                           |                                |                                   |                                 | TOTAL CORE<br>9:00-9:30   |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 9:30 - 10:00           | MISTRAL<br>PUMP<br>9:30-10:20    |                                 | CROSS<br>9:30-10:15       | AQUAGYM<br>9:45-10:35          | MISTRAL<br>PUMP<br>9:30-10:20     | CICLO<br>9:30-10:20             |                           | AQUAGYM<br>9:45-10:35  | MISTRAL<br>PUMP<br>9:30-10:20    |                                 | CROSS<br>9:30-10:15       | AQUAGYM<br>9:45-10:35          | MISTRAL<br>PUMP<br>9:30-10:20     | CICLO<br>9:30-10:20             |                           | AQUAGYM<br>9:45-10:35  | MISTRAL<br>PUMP<br>9:30-10:20     | CICLO<br>VIRTUAL<br>9:30-10:20  |                      | AQUAGYM<br>9:45-10:35          |                                  |                                 | AQUAGYM<br>9:45-10:35          |      |
| 10:00 - 10:30          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                | STEP<br>10:00-11:00              |                                 |                                |      |
| 10:30 - 11:00          | PILATES<br>10:30-11:20           | CICLO<br>VIRTUAL<br>10:30-11:20 |                           | AQUA<br>RUNNING<br>10:40-10:30 | ZUMBA<br>10:30-11:20              |                                 |                           | AQUAGYM<br>10:30-11:30 | MISTRAL<br>COMBAT<br>10:30-11:20 | CICLO<br>VIRTUAL<br>10:30-11:20 |                           | AQUA<br>RUNNING<br>10:40-11:30 | ZUMBA<br>10:30-11:20              |                                 |                           | AQUAGYM<br>10:40-11:30 | MISTRAL<br>BALANCE<br>10:30-11:20 |                                 |                      | AQUA<br>RUNNING<br>10:40-11:30 |                                  | CICLO<br>VIRTUAL<br>10:30-11:20 |                                |      |
| 11:00 - 11:30          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                | MISTRAL<br>COMBAT<br>11:00-12:00 |                                 |                                |      |
| 11:30 - 12:00          |                                  |                                 | CROSS<br>11:30-12:15      |                                | C. POSTURAL<br>11:30-12:00        |                                 |                           |                        | PILATES<br>11:30-12:20           |                                 |                           |                                | C. POSTURAL<br>11:30-12:00        |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 12:00 - 12:30          |                                  | CICLO<br>VIRTUAL<br>12:00-12:50 |                           |                                | PILATES<br>12:00-13:00            | CICLO<br>VIRTUAL<br>12:00-12:50 |                           |                        |                                  | CICLO<br>VIRTUAL<br>12:00-12:50 |                           |                                | PILATES<br>12:00-13:00            | CICLO<br>VIRTUAL<br>12:00-12:50 |                           |                        |                                   | CICLO<br>VIRTUAL<br>12:00-12:50 |                      |                                |                                  |                                 | AQUA<br>PILATES<br>12:00-12:50 |      |
| 12:30 - 13:00          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  | CICLO<br>VIRTUAL<br>12:30-13:20 |                                |      |
| 13:00 - 13:30          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 | CROSS<br>13:00-13:30      |                                |                                   |                                 |                           |                        |                                   | CROSS<br>13:00-13:30            |                      |                                |                                  | CROSS<br>12:50-13:30            |                                |      |
| 13:30 - 14:00          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 14:00 - 14:30          |                                  | CICLO<br>VIRTUAL<br>14:00-14:50 |                           |                                |                                   | CICLO<br>VIRTUAL<br>14:00-14:50 |                           |                        |                                  | CICLO<br>VIRTUAL<br>14:00-14:50 |                           |                                |                                   | CICLO<br>VIRTUAL<br>14:00-14:50 |                           |                        |                                   | CICLO<br>VIRTUAL<br>14:00-14:50 |                      |                                |                                  |                                 |                                |      |
| 14:30 - 15:00          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 17:00 - 17:30          | PILATES<br>17:00-17:50           | CICLO<br>VIRTUAL<br>17:00-17:50 | CROSS<br>17:00-17:45      |                                | REACTÍVATE<br>17:00-17:50         | CICLO<br>VIRTUAL<br>17:00-17:50 |                           |                        | PILATES<br>17:00-17:50           | CICLO<br>VIRTUAL<br>17:00-17:50 |                           |                                | REACTÍVATE<br>17:00-17:50         | CICLO<br>VIRTUAL<br>17:00-17:50 |                           |                        |                                   | CICLO<br>VIRTUAL<br>17:00-17:50 |                      |                                |                                  | CICLO<br>VIRTUAL<br>17:00-17:50 |                                |      |
| 17:30 - 18:00          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 18:00 - 18:30          | MISTRAL<br>PUMP<br>18:00-18:50   |                                 | CROSS<br>18:00-18:45      |                                | MISTRAL<br>BALANCE<br>18:00-18:50 |                                 | TOTAL CORE<br>18:00-18:30 |                        | MISTRAL<br>PUMP<br>18:00-18:50   |                                 | CROSS<br>18:00-18:45      |                                | MISTRAL<br>BALANCE<br>18:00-18:50 |                                 | TOTAL CORE<br>18:00-18:30 |                        | MISTRAL<br>PUMP<br>18:00-18:50    | CICLO<br>18:00-19:00            | GAP<br>18:00-18:45   |                                |                                  |                                 |                                |      |
| 18:30 - 19:00          |                                  |                                 |                           |                                |                                   |                                 | CROSS<br>18:00-18:45      |                        |                                  |                                 |                           |                                |                                   |                                 | CROSS<br>18:00-18:45      |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 19:00 - 19:30          | MISTRAL<br>COMBAT<br>19:00-19:50 | CICLO<br>19:00-19:50            | TOTAL CORE<br>18:45-19:15 |                                | PILATES<br>19:00-19:50            | CICLO<br>19:00-19:50            |                           |                        | MISTRAL<br>COMBAT<br>19:00-19:50 | CICLO<br>19:00-19:50            | TOTAL CORE<br>18:45-19:15 |                                | PILATES<br>19:00-19:50            | CICLO<br>19:00-19:50            |                           |                        | MISTRAL<br>COMBAT<br>19:00-19:50  |                                 |                      |                                |                                  |                                 |                                |      |
| 19:30 - 20:00          |                                  |                                 |                           |                                | AQUAGYM<br>19:45-20:30            |                                 |                           |                        | AQUAGYM<br>19:45-20:30           |                                 |                           | CROSS<br>19:15-20:00           | AQUAGYM<br>19:45-20:30            |                                 |                           |                        | AQUAGYM<br>19:45-20:30            |                                 |                      |                                |                                  |                                 |                                |      |
| 20:00 - 20:30          | ZUMBA<br>20:00-20:50             |                                 |                           |                                | MISTRAL<br>PUMP<br>20:00-20:50    |                                 |                           |                        | ZUMBA<br>20:00-20:50             |                                 |                           |                                | MISTRAL<br>PUMP<br>20:00-20:50    |                                 |                           | AQUAGYM<br>19:45-20:30 |                                   |                                 | CROSS<br>20:00-20:45 |                                | AQUAGYM<br>19:45-20:30           |                                 |                                |      |
| 20:30 - 21:00          |                                  |                                 |                           | TOTAL CORE<br>20:30-21:00      | AQUAGYM<br>20:35-21:20            |                                 |                           |                        | AQUAGYM<br>20:35-21:20           |                                 |                           |                                | AQUAGYM<br>20:35-21:20            |                                 |                           |                        | AQUAGYM<br>20:35-21:20            |                                 |                      |                                |                                  | AQUAGYM<br>20:35-21:20          |                                |      |
| 21:00 - 21:30          |                                  | CICLO<br>VIRTUAL<br>21:00-21:50 |                           |                                | TOTAL CORE<br>21:00-21:30         | CICLO<br>VIRTUAL<br>21:00-21:50 |                           |                        |                                  | CICLO<br>VIRTUAL<br>21:00-21:50 |                           |                                | TOTAL CORE<br>21:00-21:30         | CICLO<br>VIRTUAL<br>21:00-21:50 |                           |                        |                                   | CICLO<br>VIRTUAL<br>21:00-21:50 |                      |                                |                                  |                                 |                                |      |
| 21:30 - 22:00          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |
| 22:00 - 22:30          |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                  |                                 |                           |                                |                                   |                                 |                           |                        |                                   |                                 |                      |                                |                                  |                                 |                                |      |

**DURACIÓN DE LAS CLASES**  
Colectivas: 50' – Cross: 45' – Core: 30'

Reserva tus clases a través  
de la app **MISTRAL YOU WIND**

