

# URBAN FITNESS ALBERTO AGUILERA

	LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE	BACK	UNDER	BIKE
7:30-8H	ABD												ABD		
8-8:30H															
8:30-9H				GLUTEO						GLUTEO				ESTIRATE	
9-9:30H		MANTENIM		PILATES							BODY PUMP				
9:30-10H															
10-10:30	ZUMBA		BIKE			BIKE	ZUMBA			PILATES		BIKE	DANZA		BIKE
10:30-11h			10-10:45			10-10:45						10-10:45	ORIENTAL		10-10:45
11-11:30H		BODY PUMP			BODY BALANCE		YOGA	BODY COMBAT			BODY COMBAT		YOGA	BODY PUMP	
11:30-12H															
12-12:30H					BODY COMBAT										
12:30-13H															
14:30-15h	PILATES	STEP	BIKE	ZUMBA		BIKE	PILATES	BODY PUMP	BIKE		BODY BALANCE	BIKE		STEP	
15-15:30			14:30-15:15			14:30-15:15						14:30-15:15			
15:30-16h								ABD							
16-16:30															
18-18:30		ZUMBA		ZUMBA	BODY COMBAT		PILATES	STEP		PILATES	ZUMBA			BODY PUMP	
18:30-19h	TRX		BIKE			BIKE									
19-19:30		BODY PUMP	18:30-19:15	BODY BALANCE	STEP	18:30-19:15	MILITAR	BODY PUMP		GLUTEO	STEP		YOGA	BODY COMBAT	
19:30-20h	PILATES		BIKE			BIKE			BIKE	TRX		BIKE			BIKE
20-20:30	ABD	BODY ATTACK	19:30-20:15	GLUTEO 10	BODY PUMP	19:30-20:15	ABD	BODY COMBAT	19:30-20:15	BODY BALANCE	BODY PUMP	19:30-20:15		BODY ATTACK	19:30-20:15
20:30-21h			BIKE	TRX		BIKE			BIKE			BIKE			BIKE
21-21:30	KICK BOXING	BODY COMBAT	20:30-21:15	YOGA	BODY ATTACK	20:30-21:15	KICK BOXING	ZUMBA	20:30-21:15	YOGA	BODY COMBAT	20:30-21:15			20:30-21:15
21:30-22h			BIKE			BIKE									
22:00-22:15			21:30-22:15			21:30-22:15									

	SABADO			DOMINGO		
HORA	BACK	UNDER	BIKE	BACK	UNDER	BIKE
10:30-11h						
11-11:30	ZUMBA	BODY PUMP			BODY COMBAT	
11:30-12h						
12-12:30		ABD			ABD	
12:30-13h						
13-13:30			BIKE			BIKE
13:30-14h			13-13:45			13-13:45
14-14:30						

## HORARIO ORIENTATIVO.

Está sujeto a cambios según la dirección estime oportuno. Se requiere el uso de toalla para acceder a las clases.

No se permite el acceso a la actividad transcurridos 10 minutos desde el comienzo de la misma.

\* Mínimo de 5 personas para impartirse la clase.

**HORARIO:** DE LUNES A VIERNES 7:00 - 23:30 - SÁBADOS 10:00 A 15:00 Y 17:00 A 22:00 - DOMINGOS Y FESTIVOS : 10:00 A 15:00

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