

Horario de actividades dirigidas

VIGENTE DESDE EL 1 DE FEBRERO DE 2026

HORAS	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:45	SALA 3		CICLO VIRTUAL		CICLO VIRTUAL			
8:00	SALA-FITNESS			KETTLEBELL				
8:30	SALA 1				PILATES			
8:30	SALA 2		A.C.FISICO					
8:30	SALA 3	CICLO INDOOR		CICLO INDOOR				
8:40	SALA-FITNESS					CROSS FUNCIONAL		
9:00	SALA-FITNESS	CORE	CORE	CORE	CORE			
9:00-9:20	SALA 1			HIPOPRESIVOS				
9:20	SALA 1	PILATES	ESPALDA SANA	PILATES				
9:20	SALA 2	BODY PUMP		BODY PUMP	A.C. FÍSICO			
9:20	SALA 3		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR		
9:20	SALA 1						ESPALDA SANA FAMILY	
10:00	SALA-FITNESS							
10:10	SALA 1	GLUTEBOOM	I.ZUMBA		I. BALANCE			
10:10	SALA 2		BODY PUMP	GLUTEBOOM	GLUTEBOOM	I. ZUMBA	I.ZUMBA FAMILY	
10:10	SALA 3	CICLO INDOOR		CICLO INDOOR				
10:15	SALA 2							
10:20 - 10:50	SALA-FITNESS							
10:30	SALA 3							CICLO FAMILY
10:30 - 11:00	SALA-FITNESS							
10:30 - 10:50	SALA-FITNESS							
11:00- 11:30	SALA-FITNESS							
11:00	SALA-FITNESS	CORE	CORE	CORE				
11:00	SALA 1	ESPALDA SANA	PILATES	ESPALDA SANA	I. ZUMBA	ESPALDA SANA		
11:20	SALA 1							ESPALDA SANA FAMILY
11:30	SALA-FITNESS							
11:00	SALA 3						CICLO FAMILY	
12:00-12:15	SALA-FITNESS						CORE	
12:00	SALA 3	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL	CICLO VIRTUAL		
12:00 - 12:15	SALA-FITNESS							
14:30-15:00	SALA-FITNESS			CIRCUITO	KETTLEBELL			
14:30	SALA 3	CICLO VIRTUAL	CICLO VIRTUAL					
14:30	SALA 2							
15:30	SALA 2	BODY PUMP	BODY PUMP	COMBAT				
15:30	SALA-FITNESS							
15:30	SALA 3				CICLO VIRTUAL			
16:30	SALA-FITNESS	CORE	CORE	CORE				
16:30	SALA 3	CICLO VIRTUAL						
17:00	SALA-FITNESS							
17:00-17:30								
17:00	S. MLTDPT		INACUA KIDS		INACUA KIDS			
17:00	SALA 3				CICLO VIRTUAL	CICLO VIRTUAL		
17:00	SALA 2			YOGA FIT				
17:00	SALA 1	COMBAT	ESPALDA SANA FAMILY		I. BALANCE FAMILY			
17:20 - 17:50	SALA 1							
17:50	SALA 3	CICLO INDOOR FAMILY		CICLO + QUEMA GRASA				
17:50	SALA 1	PILATES FAMILY	I.ZUMBA FAMILY		COMBAT	ESPALDA SANA FAMILY		
17:50	SALA 2		A.C.FISICO	BODY PUMP FAMILY	GLUTEBOOM FAMILY			
18:00	SALA 3							
18:00	SALA-FITNESS	CORE	CORE	CORE	CORE	CORE		
18:40	SALA 3		CICLO INDOOR			CICLO INDOOR		
18:40	SALA 2	BODY PUMP		GLUTEBOOM	BODY PUMP	BODY PUMP		
18:40	SALA 1	I.ZUMBA	I.BALANCE	PILATES	I.ZUMBA			
19:00	SALA-FITNESS	CORE	CORE	CORE	CORE	CORE		
19:30	SALA 1	ESPALDA SANA	GLUTEBOOM	I.ZUMBA	PILATES	I.ZUMBA		
19:30 - 20:30	SALA 2	BOXEO		BOXEO				
19:30	SALA 2		COMBAT					
19:30	SALA 3	CICLO INDOOR		CICLO INDOOR	CICLO INDOOR			
20:00	S. FITNESS	CORE	CORE	CORE	CORE			
20:20	SALA 1	GLUTEBOOM		I. BALANCE				
20:20	SALA 3		CICLO + QUEMAGRASA			CICLO VIRTUAL		
20:30	SALA-FITNESS				CROSS FUNCIONAL			
20:20	SALA 2		BODY PUMP					
20:30	SALA 2			BODY PUMP				
20:40	SALA-FITNESS	CROSS FUNCIONAL						
21:10	SALA 3	CICLO VIRTUAL						

● COREOGRAFIADAS
 ● CUERPO-MENTE
 ● AERÓBICAS
 ● TONIFICACIÓN
 ● INACUA PEQUES
 ● INACUA KIDS

Consulta aforo antes de venir a entrenar



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