

JULIO 2023

# HORARIO SEMANAL DE ACTIVIDADES DIRIGIDAS

C.D.M. BODY FACTORY MÓSTOLES WELLNESS CENTER



LUNES						MARTES						MIÉRCOLES						JUEVES						VIERNES						
TATAMI	SALA 1	SALA 2	SALA 3	CICLO	PISCINA	TATAMI	SALA 1	SALA 2	SALA 3	CICLO	PISCINA	TATAMI	SALA 1	SALA 2	SALA 3	CICLO	PISCINA	TATAMI	SALA 1	SALA 2	SALA 3	CICLO	PISCINA	TATAMI	SALA 1	SALA 2	SALA 3	CICLO	PISCINA	
			HIIT 8:00	VIRTUAL CICLO 7:45						VIRTUAL CICLO 7:45					HIIT 8:00	VIRTUAL CICLO 7:45						VIRTUAL CICLO 7:45						VIRTUAL CICLO 7:45		
							CORE 8:30								TRX 9:00				GLUTE BOOM 9:00			CORE 8:30						CORE 8:45		
	ZUMBA 9:15						BODY PUMP 9:00				AQUA DINAMIC 9:15		TONIFICA 9:30	PILATES 9:45			ESCUELA SANA 9:30		ZUMBA 10:00			CROSS FACTORY 9:15	AQUA DINAMIC 9:15		ZUMBA 9:15			CICLO INDOOR 9:30		
	BODY PUMP 10:15	PILATES 10:00			AQUAGYM 10:00		ZUMBA 10:00			CICLO INDOOR 10:15			ZUMBA 10:30		CROSS FACTORY 10:15				PILATES 11:00			CICLO INDOOR 10:15			BODY PUMP 10:30	PILATES 10:15			AQUAGYM 10:15	
		BODY BALANCE 11:15	CROSS FACTORY 11:00	VIRTUAL CICLO 11:15			PILATES 11:00		BOX TRAINING 11:15					BALANCE 11:15	MAMÁS ACTIVAS	CICLO INDOOR 11:30			HIPOPRESIVO 11:45			TRX 11:15				ESPALDA SANA 11:15	BOX TRAINING 11:30			
			CORE 12:00						TRX 12:00																					
										VIRTUAL WALKING 13:00							VIRTUAL WALKING 13:00											VIRTUAL WALKING 12:30		
				VIRTUAL CICLO 13:45																		VIRTUAL CICLO 13:30								
								ESPALDA SANA 14:30		VIRTUAL CICLO 14:30						HIIT 14:45	VIRTUAL CICLO 14:30											VIRTUAL CICLO 15:00		
				VIRTUAL WALKING 16:00																										
										VIRTUAL CICLO 16:00																				
										VIRTUAL CICLO 17:15																				
SPORT PEQUE 17:30	TONIFICA 17:30		CROSS FACTORY 17:45	VIRTUAL CICLO 18:00		SPORT KIDS 17:30	ZUMBA 17:30						ZUMBA 18:00	PILATES 17:45	CROSS JUNIOR 17:45				BODY COMBAT 17:30			CROSS FACTORY 17:45			PILATES 17:30			VIRTUAL CICLO 17:30		
	PILATES 18:30	BODY COMBAT 18:15	CORE 19:00	CICLO INDOOR 19:15	AQUA DINAMIC 19:00		PILATES 18:30	GLUTE BOOM 18:15	CROSS FACTORY 18:30	CICLO INDOOR 19:15			BODY PUMP 19:00	ESPALDA SANA 18:30		CICLO INDOOR 18:45	AQUA DINAMIC 19:00		ZUMBA 18:45			CORE 18:30	CICLO INDOOR 19:00	AQUAGYM 19:00		BODY PUMP 18:30				
	ZUMBA 19:30		HIIT 19:30				BODY PUMP 19:30		MAMÁS ACTIVAS						BOX TRAINING 19:45	VIRTUAL CICLO 20:00				BALANCE 19:30		BOX TRAINING 19:45								
	BODY PUMP 20:30	YOGA 20:00		CICLO INDOOR 20:15				BALANCE 20:00		VIRTUAL CICLO 20:30			GLUTE BOOM 20:00	YOGA 20:00					BODY PUMP 20:30				VIRTUAL CICLO 20:15							
			CROSS FACTORY 21:15						CORE 20:45	CROSS FACTORY 21:15						CROSS FACTORY 21:00						HIIT 21:00								
				VIRTUAL CICLO 21:45												VIRTUAL CICLO 21:45												VIRTUAL CICLO 21:45		