



# HORARIO DE ACTIVIDADES COLECTIVAS

## LUNES

## MARTES

## MIERCOLES

## JUEVES

## VIERNES

## SABADO

| HORA  | ACTIVIDAD    | STUDIO |
|-------|--------------|--------|
| 7:15  | BODYPUMP 45' | 1      |
| 7:15  | SPINNING     |        |
| 10:00 | CROSS JOYFIT | BOX    |
| 10:00 | SPINNING     |        |
| 11:00 | YOGA         | 1      |

| HORA  | ACTIVIDAD   | STUDIO |
|-------|-------------|--------|
| 7:15  | SPINNING    | 2      |
| 10:00 | BODYPUMP    | 1      |
| 11:00 | BODYBALANCE | 1      |
| 11:00 | SPINNING    |        |

| HORA  | ACTIVIDAD     | STUDIO |
|-------|---------------|--------|
| 7:15  | SPINNING      |        |
| 7:30  | CROSS ABD 30' | SALA   |
| 10:00 | SPINNING      |        |
| 10:00 | BODYCOMBAT    | 1      |
| 11:00 | YOGA          | 1      |

| HORA  | ACTIVIDAD    | STUDIO |
|-------|--------------|--------|
| 7:15  | SPINNING     | 3      |
| 10:00 | SPINNING     |        |
| 10:00 | CROSS JOYFIT | BOX    |
| 11:00 | PILATES      | 1      |

| HORA  | ACTIVIDAD | STUDIO |
|-------|-----------|--------|
| 7:15  | SPINNING  |        |
| 10:30 | BODYPUMP  | 1      |
| 11:30 | SPINNING  |        |

| HORA  | ACTIVIDAD          | STUDIO |
|-------|--------------------|--------|
| 10:30 | SPINNING           |        |
| 11:15 | CROSS TRAINING 45' | 1      |
| 12:00 | SPINNING           | 2      |

| HORA | ACTIVIDAD | STUDIO |
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| HORA | ACTIVIDAD | STUDIO |
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| HORA | ACTIVIDAD | STUDIO |
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## DOMINGO

| HORA  | ACTIVIDAD          | STUDIO |
|-------|--------------------|--------|
| 13:45 | CROSS TRAINING 30' | 1      |
| 14:15 | SPINNING           |        |
| 14:15 | BODYCOMBAT         | 1      |
| 14:15 | CROSS JOYFIT       | BOX    |

| HORA  | ACTIVIDAD      | STUDIO |
|-------|----------------|--------|
| 14:15 | CROSS GRIT 45' | 1      |
| 14:15 | SPINNING       | 2      |

| HORA  | ACTIVIDAD     | STUDIO |
|-------|---------------|--------|
| 13:45 | CROSS ABD 30' | 1      |
| 14:15 | BODYBALANCE   | 1      |
| 14:15 | SPINNING      |        |
| 14:15 | CROSS JOYFIT  | BOX    |

| HORA  | ACTIVIDAD       | STUDIO |
|-------|-----------------|--------|
| 13:45 | STRECH/HIPO 30' | 1      |
| 14:15 | BODYPUMP        | 1      |
| 14:15 | SPINNING        |        |
| 14:15 | BOXEO           | BOX    |

| HORA  | ACTIVIDAD    | STUDIO |
|-------|--------------|--------|
| 13:15 | CROSS JOYFIT | BOX    |
| 14:15 | SPINNING     |        |
| 14:15 | YOGA         | 1      |

| HORA  | ACTIVIDAD     | STUDIO |
|-------|---------------|--------|
| 10:30 | SPINNING      |        |
| 11:00 | CROSS ABD 30' | 1      |
| 11:30 | SPINNING      | 2      |
| 12:00 | ZUMBA         | 1      |

| HORA | ACTIVIDAD | STUDIO |
|------|-----------|--------|
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| HORA | ACTIVIDAD | STUDIO |
|------|-----------|--------|
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| HORA | ACTIVIDAD | STUDIO |
|------|-----------|--------|
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| HORA | ACTIVIDAD | STUDIO |
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| HORA | ACTIVIDAD | STUDIO |
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|       |                  |     |
|-------|------------------|-----|
| 18:00 | HIPOPRESIVOS 30' | 1   |
| 18:00 | CROSS JOYFIT     | BOX |

|       |               |     |
|-------|---------------|-----|
| 18:15 | CROSS GAP 30' | 1   |
| 18:00 | SPINNING      |     |
| 18:00 | PILATES 45'   | BOX |

|       |               |     |
|-------|---------------|-----|
| 18:00 | BOXEO         | BOX |
| 18:00 | CROSS ABD 30' | 1   |
| 18:30 | PILATES       | 1   |

|       |                 |   |
|-------|-----------------|---|
| 18:00 | BODYBALANCE 45' | 1 |
|-------|-----------------|---|

|       |              |     |
|-------|--------------|-----|
| 18:00 | BODYPUMP 45' | 1   |
| 19:00 | CROSS JOYFIT | BOX |

|       |                |     |
|-------|----------------|-----|
| 18:30 | BODYPUMP 45'   | 1   |
| 19:00 | BOXEO          | BOX |
| 19:00 | SPINNING       | 2   |
| 19:15 | BODYCOMBAT 45' | 1   |
| 20:00 | YOGA           | 1   |
| 20:00 | CROSS JOYFIT   | BOX |
| 20:15 | SPIN VIRTUAL   |     |

|       |                 |     |
|-------|-----------------|-----|
| 18:45 | ZUMBA 45'       | 1   |
| 19:30 | BODYPUMP 45'    | 1   |
| 19:00 | CROSS JOYFIT    | BOX |
| 19:00 | SPINNING        | 2   |
| 20:15 | BODYBALANCE 45' | 1   |
| 20:00 | SPINNING        |     |

|       |              |     |
|-------|--------------|-----|
| 19:00 | CROSS JOYFIT | BOX |
| 19:00 | SPINNING     |     |
| 19:30 | ATTACK       | 1   |
| 20:30 | YOGA         | 1   |
| 20:00 | SPINNING     | 2   |

|       |                  |     |
|-------|------------------|-----|
| 18:15 | SPINNING         | 2   |
| 18:45 | HIPOPRESIVOS 30' | 1   |
| 19:00 | CROSS JOYFIT     | BOX |
| 19:15 | BODYPUMP         | 1   |
| 19:30 | SPINNING         |     |
| 20:15 | BODYCOMBAT       | 1   |

|       |          |   |
|-------|----------|---|
| 18:45 | PILATES  | 1 |
| 19:30 | SPINNING |   |
| 19:45 | ZUMBA    | 1 |



Clase Virtual de Spining

Clase con Cuota adicional

\* JoyFit se reserva el derecho de cambiar, modificar o anular el horario de actividades por motivos técnicos.

Es obligatorio reservar on-line para asistir a las actividades dirigidas

Se permitirá cancelar con 2 horas de antelación, si no se penalizará sin poder reservar

Si pasado 5 min no has entrado en clase automáticamente perderás tu plaza