

TEMPORADA 2022 - 2023

SALA 1	Lunes	Martes	Miércoles	Jueves	Viernes
6:30 - 7:20					KSP (7:00 - 7:30)
7:30 - 8:20					
8:30 - 9:20	KSP (9:00 - 9:30)		KSP (9:00 - 9:30)	KSP (9:00 - 9:30)	YOGA FACIAL (9:30 - 10:30)
9:30 - 10:20		KSP (10:00 - 10:30)	YOGA FACIAL (10:30 - 11:30)	KSP (10:00 - 10:30)	
10:30 - 11:20	KSP (10:30 - 11:00)	KSP (10:30 - 11:00) KSP (11:00 - 11:30)		KSP (10:30 - 11:00) KSP (11:00 - 11:30)	KSP (10:30 - 11:00)
11:30 - 12:20	KSP (12:00 - 12:30)	KSP (12:00 - 12:30)	KSP (11:30 - 12:00) KSP (12:00 - 12:30)	KSP (12:00 - 12:30)	KSP (12:00 - 12:30)
12:30 - 13:20					
14:30 - 15:20	KSP (14:30 - 15:00)	KSP (14:30 - 15:00)	KSP (14:30 - 15:00)	KSP (14:30 - 15:00)	
15:30 - 16:20	KSP (15:30 - 16:00) KSP (16:00 - 16:30)		KSP (15:30 - 16:00) KSP (16:00 - 16:30)		
16:30 - 17:20		KSP (16:30 - 17:00) KSP (17:00 - 17:30)		KSP (16:30 - 17:00) KSP (17:00 - 17:30)	
17:30 - 18:20	KSP (17:30 - 18:00)	KSP (17:30 - 18:00)	KSP (17:30 - 18:00)	KSP (17:30 - 18:00)	
18:30 - 19:20					
19:30 - 20:20				KSP (19:30 - 20:00) KSP (20:00 - 20:30)	
20:30 - 21:20	KSP (20:30 - 21:00) PILATES (21:00 - 21:50)	YOGA FACIAL (20:30 - 21:30)	KSP (20:30 - 21:00)	KSP (20:30 - 21:00) YOGA FACIAL (21:00 - 22:00)	
21:30 - 22:20					

SALA 2	Lunes	Martes	Miércoles	Jueves	Viernes
6:30 - 7:20	GAP (6:30 - 7:00) CORE (7:00 - 7:30)	POWERTEMPO (6:30 - 7:20)		CARDIOTEMPO (6:30 - 7:20)	HIPOPRESIVOS (6:30 - 7:00)
7:30 - 8:20		CARDIOTEMPO (7:30 - 8:20)		POWERTEMPO (7:30 - 8:20)	
8:30 - 9:20	GAP (8:30 - 9:00) CORE (9:00 - 9:30)	POWERTEMPO (8:30 - 9:20)	CARDIOTEMPO (8:30 - 9:20)	CROSS TRAINING (8:30 - 9:20)	POWERTEMPO (8:30 - 9:20)
9:30 - 10:20	CARDIOTEMPO (9:30 - 10:20)	AEROTEMPO (9:30 - 10:20)	POWERTEMPO (9:30 - 10:20)	AEROTEMPO (9:30 - 10:20)	CARDIOTEMPO (9:30 - 10:20)
10:30 - 11:20	POWERTEMPO (10:30 - 11:20)	POWERTEMPO (10:30 - 11:20)	GAP (10:30 - 11:00) CORE (11:00 - 11:30)	POWERTEMPO (10:30 - 11:20)	GAP (11:00 - 11:30)
11:30 - 12:20	GAP (11:30 - 12:00)	CARDIOTEMPO (11:30 - 12:20)		CARDIOTEMPO (11:30 - 12:20)	CARDIOTEMPO (11:30 - 12:20)
12:30 - 13:20		CORE (13:30 - 14:00)		GAP (13:30 - 14:00)	
14:30 - 15:20	POWERTEMPO (14:30 - 15:30)	GAP (15:00 - 15:30)	CARDIOTEMPO (14:30 - 15:20)		
15:30 - 16:20	GAP (15:30 - 16:00) CORE (16:00 - 16:30)	CARDIOTEMPO (15:30 - 16:20)	GAP (15:30 - 16:00) CORE (16:00 - 16:30)	POWERTEMPO (15:30 - 16:20)	
16:30 - 17:20	CARDIOTEMPO (16:30 - 17:20)	GAP (16:30 - 17:00) CORE (17:00 - 17:30)	POWERTEMPO (16:30 - 17:20)	GAP (16:30 - 17:00) CORE (17:00 - 17:30)	TEMPOKIDS (16:30 - 17:20)
17:30 - 18:20	TEMPOKIDS (17:30 - 18:20)	PILATES (18:00 - 18:50)	TEMPOKIDS (17:30 - 18:20)	CARDIOTEMPO (17:30 - 18:20)	
18:30 - 19:20	CARDIOTEMPO (18:30 - 19:20)	AEROTEMPO (19:00 - 19:50)	POWERTEMPO (18:30 - 19:20)	GAP (18:30 - 19:00) CORE (19:00 - 19:30)	
19:30 - 20:20	POWERTEMPO (19:30 - 20:20)	CROSS TRAINING (20:00 - 20:50)	CARDIOTEMPO (19:30 - 20:20)	AEROTEMPO (19:30 - 20:20)	
20:30 - 21:20	CORE (20:30 - 21:00)	CARDIOTEMPO (21:00 - 21:50)			
21:30 - 22:20	STEP (21:00 - 21:50)		STEP (21:00 - 21:50)	POWERTEMPO (21:00 - 21:50)	

SALA 3	Lunes	Martes	Miércoles	Jueves	Viernes
6:30 - 7:20			CROSS TRAINING (6:30 - 7:20)		
7:30 - 8:20	CROSS TRAINING (7:30 - 8:20)		POWERTEMPO (7:30 - 8:20)		CROSS TRAINING (7:30 - 8:20)
8:30 - 9:20	HIPOPRESIVOS (8:30 - 9:00)	PILATES (8:30 - 9:20)	HIPOPRESIVOS (8:30 - 9:00)	CORE (8:30 - 9:00)	PILATES (8:30 - 9:20)
9:30 - 10:20	PILATES (9:30 - 10:20)	HIPOPRESIVOS (9:30 - 10:00)	PILATES (9:30 - 10:20)	HIPOPRESIVOS (9:30 - 10:00)	CORE (9:30 - 10:00) POWERTEMPO (10:00 - 10:50)
10:30 - 11:20	HIPOPRESIVOS (11:00 - 11:30)	BIOENERGIA (10:30 - 11:20)	CROSS TRAINING (10:30 - 11:20)	BIOENERGIA (10:30 - 11:20)	HIPOPRESIVOS (11:00 - 11:30)
11:30 - 12:20		HIPOPRESIVOS (11:30 - 12:00)		HIPOPRESIVOS (11:30 - 12:00)	TEMPODRUMS (11:30 - 12:00)
12:30 - 13:20					
14:30 - 15:20	CORE (15:00 - 15:30)	CORE (15:00 - 15:30)	CORE (15:00 - 15:30)	CORE (15:00 - 15:30)	CARDIOTEMPO (14:30 - 15:20)
15:30 - 16:20		CROSS TRAINING (15:30 - 16:20)		CROSS TRAINING (15:30 - 16:20)	HIPOPRESIVOS (15:30 - 16:00)
16:30 - 17:20	PILATES (16:30 - 17:20)		PILATES (16:30 - 17:20)		
17:30 - 18:20	CORE (18:00 - 18:30)	POWERTEMPO (17:30 - 18:20)	CORE (18:00 - 18:30)	PILATES (18:00 - 18:50)	
18:30 - 19:20	TEMPODRUMS (18:30 - 19:00) HIPOPRESIVOS (19:00 - 19:30)	CROSS TRAINING (18:30 - 19:20)	TEMPODRUMS (18:30 - 19:00) HIPOPRESIVOS (19:00 - 19:30)	HIPOPRESIVOS (19:00 - 19:30)	
19:30 - 20:20	CROSS TRAINING (19:30 - 20:20)	BIOENERGIA (19:30 - 20:20)	POWERTEMPO (19:30 - 20:20)	BIOENERGIA (19:30 - 20:20)	
20:30 - 21:20		DEF.PERSONAL (20:30 - 21:20)	HIPOPRESIVOS (20:30 - 21:00)	CROSS TRAINING (20:30 - 21:20)	
21:30 - 22:20			PILATES (21:00 - 21:50)		