

# DUPLEX

SPORT CLUB

## CARDIOVASCULAR CUERPO Y MENTE TONIFICACIÓN

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7h00	FIT-XPRESS 30' Lourdes	CYCLING Marian	SUMBA G.A.C Julia	VIRTUAL CYCLING	YOGA - STRETCH - PILATES Marian
	VIRTUAL CYCLING	VIRTUAL GYM	VIRTUAL CYCLING	DUPLEX BODY TRAIN Marian	VIRTUAL CYCLING
8h00	FITNESS TONO Lourdes	MIX TRX Judith	HIPO-TONO Judith		VIRTUAL GYM
8h30	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
10h00	FITNESS TONO Lourdes	MIX TRX Judith	SUMBA G.A.C Julia	DUPLEX BODY TRAIN Marian	VIRTUAL GYM
	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
12h00	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM	VIRTUAL GYM
13h20	CARDIO STEP Judith	H.I.I.T. Júlia	PILATES -YOGA-STRETCH Marian		DUPLEX BODY TRAIN Marian
	CYCLING Marian		CYCLING Isidre		
13h30		CYCLING Toni		HIPOPRESIVOS Esme	
				CYCLING Toni	
15h20	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL GYM VIRTUAL CYCLING
15h30	SUMBA G.A.C Júlia	UPPER TRAIN Isidre	CARDIO STEP Judith	G.A.C TRAIN Isidre	
17h00	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING	VIRTUAL CYCLING
17h15	PILATES TRX Judith			TONO PILATES Judith	VIRTUAL GYM
17h20		AEROYOGA Judith	AEROYOGA Judith		

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
18h00					STRETCH Lourdes
18h05			GYM TONIC Lourdes		
18h15		CYCLING 1 Isidre		CYCLING 1 Isidre	VIRTUAL CYCLING
18h20	SUMBA Júlia	CORE PILATES Judith		SUMBA Júlia	
18h30	VIRTUAL CYCLING		VIRTUAL CYCLING		
18h45					
19h10		FULL TRAIN Lourdes			
19h30	YOGA Maria	CYGLING 2 Isidre	POP DANCE Judith	YOGA Maria CYCLING 2 Isidre	
20h05			VIRTUAL CYCLING		VIRTUAL CYCLING
20h20		YOGA Maria			
20h30	TONO G.A.C Lorena		DUPLEX PUMP Isidre VIRTUAL CYCLING	TONO STEP Lorena	VIRTUAL CYCLING