

DICIEMBRE 2025

INIC.	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
8:00	1	BODY PUMP		TRX	GAP+ESTIRAMIENTOS			
	VEEVO		VEEVO					
	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING		
9:00	1	UP DANCE		BODY BALANCE	TRX	GAP+ESTIRAMIENTOS		
	VEEVO		PILATES					
	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
10:00	1	BODY BALANCE	TRX	BODY PUMP			BODY PUMP	
	VEEVO				PILATES	VEEVO		YOGA 90´
	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING 10:00	UP CYCLING VIRTUAL
11:00	1		ESTIRAMIENTOS	UP DANCE	TRX	ZUMBA		
	S.C						UP CYCLING VIRTUAL 11:30	UP CYCLING 11:00
	VEEVO	PILATES			YOGA 75´		PILATES	
12:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL 12:30	UP CYCLING VIRTUAL 12:30
13:00	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
14:00	1		BODY PUMP	TRX	BODY BALANCE			
	VEEVO	VEEVO						
	S.C	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL	UP CYCLING	UP CYCLING VIRTUAL		
15:30	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
17:00	1							
	VEEVO	YOGA 75´		YOGA 75´				
	S.C	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
18:00	1	GAP+ESTIRAMIENTOS	BODY BALANCE	ESTIRAMIENTOS	BODY PUMP			
	S.C.		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL	UP CYCLING VIRTUAL		
	VEEVO					VEEVO		
18:30	S.C.	UP CYCLING		UP CYCLING				
	VEEVO			VEEVO				
19:00	1	UP DANCE	BODY PUMP	ZUMBA	BODY BALANCE			
	VEEVO	VEEVO						
	S.C.		UP CYCLING		UP CYCLING	UP CYCLING		
19:30	S.C	UP CYCLING		UP CYCLING				
20:00	1	BODY PUMP		GAP+ESTIRAMIENTOS	TRX			
	VEEVO	UP BOXING	PILATES	UP BOXING	YOGA 75´			
	S.C.					UP CYCLING VIRTUAL		
20:30	S.C		UP CYCLING VIRTUAL		UP CYCLING VIRTUAL			