



BONODEPORTE+



BONODEPORTE+



BONODEPORTE+



| FEBRERO | | | | |
|----------|-------------------------------|------------------------------------|--------------------------------|-------------------------------|
| LUNES | | | | |
| MAÑANA | | | | |
| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
| 8:00 H | | 8:15-9:00 H CROSS GIM | 8:15-9:00 H CICLO VIRTUAL | |
| 9:00 H | 9:15-10:00 H AERÓBIC-STEP | 9:00-9:50 H FITNESS COMBAT | | |
| 10:00 H | 10:00-10:45 H BODY TONIC | 10:00-10:45 H STYLE DANCE | 10:00-10:45 H CICLO VIRTUAL | |
| 11:00 H | | 11:15-11:45 H CORE | 11:00-12:00 H CICLO | |
| 12:00 H | 12:00-12:50 H CUERPO MENTE | | 12:00-12:45 H CICLO VIRTUAL | |
| 13:00 H | | | | |
| MEDIODÍA | | | | |
| 14:00 H | | 14:30-15:00 H HIIT | | |
| 15:00 H | 15:00-15:30 H CORE | | 15:15-16:05 H CICLO VIRTUAL | |
| 16:00 H | | | | |
| TARDE | | | | |
| 17:00 H | 17:45-18:30 H BODY PAMP | | 18:00-18:45 H CICLO VIRTUAL | |
| 18:00 H | 18:45-19:30 H STYLE DANCE | | | 18:30-19:20 H CUERPO MENTE |
| 19:00 H | 19:45-20:30 H BODY TONIC | 19:30-20:20 H FITNESS COMBAT | 19:30-20:15 H CICLO VIRTUAL | |
| 20:00 H | 20:45-21:15 H CORE | | 20:30-21:15 H CICLO | |
| 21:00 H | | | | |

| FEBRERO | | | | |
|----------|-------------------------------|--------------------------------------|--------------------------------|-------------------------------|
| MARTES | | | | |
| MAÑANA | | | | |
| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
| 8:00 H | | | 8:15-9:00 H CICLO | |
| 9:00 H | 9:15-10:00 H BODY TONIC | | 9:15-10:00 H CICLO | |
| 10:00 H | 10:15-11:00 H AERÓBIC-STEP | 10:00-11:00 H SUSPENSIÓN +CORE | 10:00-10:45 H CICLO VIRTUAL | |
| 11:00 H | 11:00-11:45 H STYLE DANCE | | | 11:15-12:00 H CUERPO MENTE |
| 12:00 H | | | 12:00-12:45 H CICLO VIRTUAL | |
| 13:00 H | | | | |
| MEDIODÍA | | | | |
| 14:00 H | | 14:45-15:30 H FITNESS COMBAT | | |
| 15:00 H | | 15:30-16:15 H BODY TONIC | 15:00-15:50 H CICLO VIRTUAL | |
| 16:00 H | | | | |
| TARDE | | | | |
| 17:00 H | 17:30-18:15 H AERÓBIC-STEP | | 17:45-18:30 H CICLO VIRTUAL | |
| 18:00 H | 18:30-19:15 H STYLE DANCE | 18:30-19:15 H BODY TONIC | | |
| 19:00 H | 19:30-20:15 H URBAN FIT | | 19:15-20:00 H CICLO | |
| 20:00 H | | 20:30-21:15 H FITNESS COMBAT | 20:15-21:00 H CICLO | |
| 21:00 H | | | | |

| FEBRERO | | | | |
|-----------|-------------------------------|----------------------------------|--------------------------------|-------------------------------|
| MIÉRCOLES | | | | |
| MAÑANA | | | | |
| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
| 8:00 H | | | 8:15-9:00 H CICLO | |
| 9:00 H | 9:15-10:00 H AERÓBIC-STEP | 9:00-9:50 H FITNESS COMBAT | | |
| 10:00 H | 10:00-10:45 H BODY TONIC | 10:00-10:45 H STYLE DANCE | 10:00-10:45 H CICLO VIRTUAL | |
| 11:00 H | | 11:15-11:45 H CORE | 11:00-12:00 H CICLO | |
| 12:00 H | 12:00-12:50 H CUERPO MENTE | | 12:00-12:45 H CICLO VIRTUAL | |
| 13:00 H | | | | |
| MEDIODÍA | | | | |
| 14:00 H | 14:30-15:00 H HIIT | | | |
| 15:00 H | | 15:00-15:30 H CORE | | |
| 16:00 H | | | 15:45-16:35 H CICLO VIRTUAL | |
| TARDE | | | | |
| 17:00 H | 17:30-18:15 H BODY TONIC | | | |
| 18:00 H | 18:30-19:15 H STYLE DANCE | | 18:00-18:50 H CICLO VIRTUAL | 18:30-19:20 H CUERPO MENTE |
| 19:00 H | 19:30-20:15 H BODY PAMP | | 19:30-20:15 H CICLO | |
| 20:00 H | 20:30-21:00 H CORE | | 20:30-21:15 H CICLO | |
| 21:00 H | | | | |



BONODEPORTE+



FEBRERO

JUEVES

MAÑANA

| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
|---------|-------------------------------|------------------------------------|--------------------------------|-----------------------------|
| 8:00 H | | | 8:15-9:00 H CICLO | |
| 9:00 H | 9:00-9:45 H STYE DANCE | 9:00-9:50 H HIIT | | |
| 10:00 H | 10:00-10:45 H AERÓBIC-STEP | 10:00-10:50 H FITNESS COMBAT | 10:00-10:45 H CICLO VIRTUAL | |
| 11:00 H | 11:15-12:00 H BODY TONIC | | 11:15-12:00 H CICLO VIRTUAL | 11:15-11:45 H STRETCHING |
| 12:00 H | | | 12:00-12:45 H CICLO VIRTUAL | |
| 13:00 H | | | | |

MEDIODÍA

| | | | | |
|---------|-----------------------|----------------------------|--------------------------------|--|
| 14:00 H | | 14:30-15:20 H CROSS GIM | 14:30-15:20 H CICLO VIRTUAL | |
| 15:00 H | 15:30-16:00 H CORE | | | |
| 16:00 H | | | | |

TARDE

| | | | | |
|---------|-------------------------------|------------------------------------|--------------------------------|--|
| 17:00 H | 17:30-18:15 H AERÓBIC-STEP | | | |
| 18:00 H | 18:30-19:15 H STYLE DANCE | 18:30-19:15 H BODY TONIC | 18:00-18:45 H CICLO VIRTUAL | |
| 19:00 H | 19:30-20:15 H HIIT | | 19:30-20:15 H CICLO | |
| 20:00 H | | 20:15-21:05 H FITNESS COMBAT | 20:30-21:15 H CICLO | |
| 21:00 H | | | | |



BONODEPORTE+



FEBRERO

VIERNES

MAÑANA

| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
|---------|-----------------------------|---------------------------------------|--------------------------------|------------------------------|
| 8:00 H | | | 8:15-9:00 H CICLO VIRTUAL | |
| 9:00 H | | | 9:15-10:00 H CICLO | 9:15-10:00 H CUERPO MENTE |
| 10:00 H | 10:00-10:45 H STYE DANCE | 10:00-11:00 H SUSPENSIÓN + CORE | | |
| 11:00 H | 11:00-11:45 H BODY TONIC | | 11:00-11:45 H CICLO | |
| 12:00 H | | 11:45-12:15 H CORE | | 11:45-12:15 H STRETCHING |
| 13:00 H | | | 12:30-13:15 H CICLO VIRTUAL | |

MEDIODÍA

| | | | | |
|---------|--|-----------------------------|--------------------------------|--|
| 14:00 H | | 14:00-14:45 H BODY TONIC | | |
| 15:00 H | | 15:00-15:30 H HIIT | 14:30-15:20 H CICLO VIRTUAL | |
| 16:00 H | | | | |

TARDE

| | | | | |
|---------|------------------------------|---------------------------------------|--------------------------------|--|
| 17:00 H | | | | |
| 18:00 H | 18:30-19:15 H STYLE DANCE | 18:30-19:15 H SUSPENSIÓN + CORE | 18:15-19:00 H CICLO VIRTUAL | |
| 19:00 H | 19:30-20:15 H URBAN FIT | | 19:30-20:15 H CICLO | |
| 20:00 H | | | | |
| 21:00 H | | | | |



BONODEPORTE+



FEBRERO

SÁBADO

MAÑANA

| HORARIO | SALA 1 | SALA 2 | SALA CICLO | SALA PILATES |
|---------|-----------------------------|-----------------------|--------------------------------|-------------------------------|
| 8:00 H | | | 8:30-9:15 H CICLO VIRTUAL | |
| 9:00 H | | | 9:30-10:15 H CICLO | |
| 10:00 H | | | 10:30-11:15 H CICLO | |
| 11:00 H | 11:15-12:00 H BODY TONIC | | | |
| 12:00 H | 12:15-13:00 H STYE DANCE | | 12:00-12:50 H CICLO VIRTUAL | 12:15-13:00 H CUERPO MENTE |
| 13:00 H | | 13:00-13:50 H HIIT | | 13:15-13:45 H STRETCHING |

CARDIO

CICLO VIRTUAL

FUERZA

CUERPO MENTE

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