

# HORARIO DE CLASES NUEVA SEGOVIA

A PARTIR DEL 18 DE NOVIEMBRE DE 2019

|       | LUNES                                       | MARTES                                       | MIÉRCOLES                               | JUEVES                                    | VIERNES                           | SÁBADO                      | DOMINGO          |
|-------|---|--|---|---|-----------------------------------|-----------------------------|------------------|
| 07:00 |   |  |   |   |                                   |                             |                  |
| 07:15 |   |  |   |   |                                   |                             |                  |
| 08:00 |   |  |   |   |                                   |                             |                  |
| 08:30 |   |  |   |   |                                   |                             |                  |
| 09:00 | E3 GAP                                      | E2 BODYPUMP                                  | E3 PILATES                              |   | E3 GAP                            |                             |                  |
| 09:15 | E4 ABD 20                                   |  |   | SF E. FUNCIONAL<br>E2 BODYPUMP            | E4 ABD 20                         |                             |                  |
| 09:30 |   |  |   |   |                                   |                             | E2 BODYPUMP      |
| 10:00 | E3 BODYBALANCE<br>E1 SPINN                  | E3 PILATES                                   | E3 GAP<br>E1 SPINN                      | E3 YOGA                                   | E3 T. DE ESPALDA<br>E1 SPINN      | E4 ABD 20                   |                  |
| 10:15 |   | E2 ZUMBA<br>E1 SPINN                         |   | E2 ZUMBA<br>E1 SPINN                      |                                   |                             |                  |
| 10:30 |   |  |   |   |                                   | SF E. FUNCIONAL<br>E1 SPINN | E1 SPINN         |
| 11:00 | E4 ESTIRAMIENTOS<br>E3 ZUMBA<br>E2 BODYPUMP | E3 YOGA                                      | E4 ABD 20<br>E3 GRIT SERIES<br>E2 ZUMBA |   | E2 BODYPUMP                       |                             |                  |
| 11:15 |   | E4 ABD 20<br>E2 BODYCOMBAT                   |   | E4 ABD 20<br>E3 PILATES<br>E2 BODYCOMBAT  |                                   |                             |                  |
| 11:30 |   |  | E4 ESTIRAMIENTOS                        |   |                                   | E3 PILATES<br>E2 BODYPUMP   | E3 PILATES       |
| 12:00 | E3 PILATES                                  |  | E3 T. DE ESPALDA                        |   |                                   |                             |                  |
| 12:15 | E4 ABD 20                                   |  |   |   | E4 ABD 20                         |                             |                  |
| 12:30 |   | E4 ABD 20                                    |   | E4 ABD 20                                 |                                   |                             | E4 ABD 20        |
| 12:45 | SF E. FUNCIONAL                             |  |   |   | SF E. FUNCIONAL                   | E4 ABD 20<br>E2 ZUMBA       |                  |
| 13:00 |   | E4 ESTIRAMIENTOS                             | E4 ABD 20                               | E4 ESTIRAMIENTOS                          |                                   |                             | SF E. FUNCIONAL  |
| 13:30 |   |  |   |   |                                   | E2 GAP                      | E4 ESTIRAMIENTOS |
| 14:00 |   |  |   |   |                                   |                             |                  |
| 14:30 | E2 ZUMBA                                    | E1 SPINN                                     | E2 BODYPUMP                             | E3 BODYBALANCE                            |                                   |                             |                  |
| 15:00 |   |  |   |   |                                   |                             |                  |
| 15:30 |   |  |   |   |                                   |                             |                  |
| 16:00 |   |  |   |   |                                   |                             |                  |
| 16:30 |   |  |   |   |                                   |                             |                  |
| 16:45 | E3 GAP                                      |  | E1 SPINN                                |   |                                   |                             |                  |
| 17:00 |   | E3 PILATES<br>E2 BODYPUMP                    | E3 BODYBALANCE                          | SF E. FUNCIONAL<br>E4 ABD 20              | E4 ABD 20                         |                             |                  |
| 17:15 | E2 GRIT SERIES                              |  |   | E3 RITMOS LATINOS                         |                                   |                             |                  |
| 17:30 | E1 SPINN                                    | E4 ABD 20                                    |   | E2 BODYPUMP                               | E3 GAP                            |                             |                  |
| 17:45 | E3 BODYBALANCE                              |  | E2 BODYPUMP                             |   |                                   |                             |                  |
| 18:00 | E2 ZUMBA<br>E4 ABD 20                       | SF E. FUNCIONAL<br>E3 ZUMBA<br>E2 BODYCOMBAT | E4 ABD 20<br>E3 T. DE ESPALDA           | SF E. FUNCIONAL                           | E2 BODYPUMP                       |                             |                  |
| 18:15 |   |  |   | E3 YOGA                                   |                                   |                             |                  |
| 18:30 | E1 SPINN                                    | E1 SPINN                                     | E1 SPINN<br>SF CLUB CORREDORES          | E1 SPINN                                  | E1 SPINN<br>E3 BODYBALANCE        |                             |                  |
| 18:45 | E3 PILATES                                  |  | E3 YOGA                                 | E2 ZUMBA                                  |                                   |                             |                  |
| 19:00 | E2 BODYPUMP                                 | E3 YOGA                                      | E4 ABD 20<br>E2 ZUMBA                   | E4 ABD 20                                 |                                   |                             |                  |
| 19:15 |   | E2 GAP                                       |   |   |                                   |                             |                  |
| 19:30 | SF CLUB CORREDORES<br>E1 SPINN<br>E4 ABD 20 | E4 ABD 20<br>E1 SPINN                        | E1 SPINN<br>SF E. FUNCIONAL             | E3 GAP<br>E1 SPINN                        | E4 ABD 20<br>E2 ZUMBA<br>E1 SPINN |                             |                  |
| 19:45 | E3 RITMOS LATINOS                           |  | E3 GAP                                  | E2 GRIT SERIES                            |                                   |                             |                  |
| 20:00 | E4 E. FUNCIONAL                             | E4 ESTIRAMIENTOS                             | E2 BODYCOMBAT                           |   | SF E. FUNCIONAL                   |                             |                  |
| 20:15 | E2 BODYCOMBAT                               | E3 T. DE ESPALDA<br>E2 BODYPUMP              |   |   |                                   |                             |                  |
| 20:30 | E4 ABD 20<br>E3 YOGA<br>E1 SPINN            | E4 ABD 20<br>E1 SPINN                        | E4 ABD 20<br>E3 PILATES<br>E1 SPINN     | E3 BODYBALANCE<br>E2 BODYPUMP<br>E1 SPINN | E3 GAP                            |                             |                  |
| 21:00 |   | E3 ZUMBA                                     | E2 BOXEO                                |   |                                   |                             |                  |
| 21:30 | E4 ESTIRAMIENTOS<br>E3 GAP<br>E2 BOXEO      | E4 ABD 20<br>E2 GRIT SERIES                  | E4 ESTIRAMIENTOS<br>E3 GRIT SERIES      | SF E. FUNCIONAL                           |                                   |                             |                  |
| 22:00 |   |  |   |   |                                   |                             |                  |

## LEYENDA

|  |  |  |  |   |
|--|--|--|--|---|
|  ALTA INTENSIDAD |  BAILE        |  CARDIO       |  CUERPO Y MENTE |  TONIFICACIÓN    |
|  E1 ESTUDIO 1    |  E2 ESTUDIO 2 |  E3 ESTUDIO 3 |  E4 ESTUDIO 4   |  SF SALA FITNESS |