






HORARIO A PARTIR 7 DE ENERO

| LUNES | MARTES | MIERCOLES | JUEVES | VIERNES |
|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 07:00-08:00 CICLO INDOOR | 07:00-08:00 STEP/TONO | 07:00-08:00 CICLO INDOOR | 07:00-08:00 PUMP | 07:00-08:00 PILATES |
| 08:00-09:00 PILATES | 08:00-09:00 YOGA | 08:00-09:00 PILATES | 08:00-09:00 YOGA | 9:30-10:30 CICLO INDOOR |
| 09:30-10:30 QUEMAGRASA | 9:30-10:30 CICLO INDOOR | 09:30-10:30 PUMP | 9:30-10:30 HIPOPRESIVOS | 10:30-11:30 AQUAGYM |
| 10:30-11:30 AQUAGYM | 11:00-11:30 HIIT | 10:30-11:30 AQUAGYM | 9:30-10:30 CICLO INDOOR | 10:30-11:30 INDOOR WALKING |
| 10:30-11:30 INDOOR WALKING | 11:00-12:00 AQUAGYM | 10:30-11:30 INDOOR WALKING | 10:30-11:30 DANZA ORIENTAL | 11:00-11:30 HIIT |
| | | | 11:00-12:00 AQUAGYM | |
| 15:30-16:30 PUMP | 15:30-16:30 RITMOS | 15:30-16:30 QUEMAGRASA | 15:30-16:30 RITMOS | 15:30-16:30 PUMP |
| | 15:30-16:30 CICLO INDOOR | | 15:30-16:30 CICLO INDOOR | 15:30-16:30 INDOOR WALKING |
| 18:30-19:30 PILATES | 17:30-18:30 HIPOPRESIVOS | 18:30-19:15 CROSS TRAINING | 18:45-19:15 FUNCIONAL | 18:30-19:15 CROSS TRAINING |
| 18:30-19:30 CICLO INDOOR | 18:30-19:15 CROSSTRAINING | 18:30-19:30 PUMP | 18:30-19:30 STEP/TONO | |
| 18:45-19:15 FUNCIONAL | 18:30-19:30 INDOOR WALKING | 19:30-20:30 CICLO INDOOR | 18:30-19:30 INDOOR WALKING | |
| 19:30-20:30 PUMP | 18:30-19:30 DANZA ORIENTAL | 19:30-20:30 GAP | 19:30-20:30 QUEMAGRASA | |
| 19:30-20:30 CICLO INDOOR | 19:30-20:30 CICLO INDOOR | 20:30-21:30 CICLO INDOOR | 19:30-20:30 CICLO INDOOR | |
| 20:30-21:15 ABD/EST | 19:30-20:30 QUEMAGRASA | | 20:30-21:15 ABD/EST | |

CARDIO 
 AGUA 
 FUNCIONAL 

CUERRO Y MENTE 
 TONIFICACION 
 BAILE 

*Servol se reserva el derecho de modificar las actividades y horarios para la mejora de sus servicios.

