

# Más de 400 clases semanales - Sin necesidad de reserva - sin límite de uso

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	CYCLING EP FUERZA	TRX	CYCLING EP FUERZA	Z-FUNCIONAL	PILATES			7:00
7:45		ABDOMEN						7:45
8:00					EP FUERZA			8:00
9:30	BODY PUMP PILATES	V-CYCLING FITNESS	GAP PILATES V-CYCLING	FITNESS	BODY COMBAT PILATES V-CYCLING			9:30
10:00	AQUA-CICLO-TONIC	AQUAFIT	AQUA-CICLO-TONIC	AQUAFIT	AQUAFIT	FITNESS	PILATES	10:00
10:15						BODY PUMP	BODY PUMP	10:15
10:30	CYCLING LES MILLS CORE	CYCLING DANCE LATINO PILATES	CYCLING DANCE LATINO	CYCLING PILATES BOXEO	FITNESS DANCE LATINO	CYCLING	CYCLING	10:30
11:15						PILATES FITNESS	AFROBEAT DANCE FITNESS	11:15
11:30	FITNESS	YOGA	TRX	ABDOMEN BODY COMBAT	YOGA	CYCLING	CYCLING	11:30
12:00			ABDOMEN				AQUA-CICLO-TONIC	12:00
12:15						YOGA		12:15
14:15	EP FUERZA							14:15
14:30	PILATES	CYCLING BODY PUMP	BOXEO	CYCLING PILATES				14:30
18:00	BODY PUMP FITNESS	GAP ESPALDA SANA	FITNESS	ESPALDA SANA	BODY PUMP			18:00
18:30	POWER WALKING		ABDOMEN	TRX				18:30
19:00	CYCLING LES MILLS CORE PILATES	CYCLING AQUA-CICLO-TONIC FITNESS	CYCLING BODY PUMP PILATES BOXEO	PILATES	LES MILLS CORE CLUB TRIATHLÓN BARRE FITNESS			19:00
19:15				CYCLING				19:15
19:30	RUNNER'S CLUB GRIT F			AQUA-CICLO-TONIC				19:30
20:00	BODY BALANCE DANCE	ABDOMEN Z-SWIM YOGA BOXEO	AFROBEAT DANCE BODY COMBAT	HATA YOGA FITNESS	CLUB TRIATHLÓN DANCE LATINO			20:00

**ZAGROS SPORTS**

**HORARIO DE CLASES**



**MARZO 2025**

Horario sujeto a posibles variaciones