



































	LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SABADO		DOMINGO	
	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	SALA 2	SALA 1	
08:30														08:30
08:45														08:45
09:00														09:00
09:15														
09:30														09:30
09:45														09:45
10:00	PILATES 9:30 - 10:30		GAP 9:30 - 10:00		PILATES 9:00 - 10:00		STRENGTH 9:30 - 10:30		STRENGTH 9:30 - 10:30					10:00
10:15			STRETCH 10:00 - 10:30		AEROBIC 10:00 - 11:00	SPINN 10:00 - 11:00		SPINN 10:00 - 11:00						10:15
10:30		SPINN 10:30 - 11:30	ENERGY 10:30 - 11:30				STRETCH		STRETCH					10:30
10:45	STRENGTH 10:30 - 11:30				PILATES 11:00 - 12:00		CORE 		PILATES 11:00 - 12:00		STRENGTH 11:00 - 12:00	SPINN 10:30 - 11:30		10:45
11:00	ENERGY 11:30 - 12:30		PILATES 11:30 - 12:30		STRENGTH 12:00 - 13:00		STRENGTH 11:30 - 12:30		FUNCTIONAL TRAINING 12:00 - 13:00		ENERGY 12:00 - 13:00		DANZA DEL VIENTRE 11:00 - 12:00	11:00
11:15			CORE 				LATINO 12:30 - 13:30				YIN KRIPALU YOGA 13:00 - 14:00			11:15
11:30					YIN KRIPALU YOGA 13:00 - 14:30									11:30
11:45														11:45
12:00					PILATES 14:30 - 15:30		STRENGTH 14:30 - 15:30	SPINN 14:30 - 15:30	PILATES 14:30 - 15:30	SPINN 14:30 - 15:30				12:00
12:15	YIN KRIPALU YOGA 12:30 - 13:30		FUNCTIONAL TRAINING 14:30 - 15:30											12:15
12:30														12:30
12:45														12:45
13:00														13:00
13:15														13:15
13:30														13:30
13:45														13:45
14:00														14:00
14:15														14:15
14:30	PILATES 14:30 - 15:30	SPINN 14:30 - 15:30		SPINN 14:30 - 15:30										14:30
14:45														14:45
15:00														15:00
15:15														15:15
15:30														15:30
15:45														15:45
16:00														16:00
16:15														16:15
16:30			YOGA INTEGRAL 16:30 - 17:30											16:30
16:45														16:45
17:00														17:00
17:15	FUNCTIONAL TRAINING 17:00 - 18:00				STEP 17:00 - 18:00		AEROBIC 		PILATES 17:30 - 18:30	SPINN 17:30 - 18:30				17:15
17:30				SPINN 17:30 - 18:30			CORE 							17:30
17:45														17:45
18:00			PILATES 17:30 - 18:30		STRENGTH 18:00 - 19:00		PILATES 18:00 - 19:00		PILATES 17:30 - 18:30					18:00
18:15	STRENGTH 18:00 - 19:00													18:15
18:30			CARDIOBOX 18:30 - 19:30											18:30
18:45														18:45
19:00	YOGA INTEGRAL 19:00 - 20:00			RUNNING 19:00 - 20:00		CORE 		STRENGTH 19:00 - 20:00	SPINN 18:45 - 19:45		STRENGTH 18:30 - 19:30			19:00
19:15														19:15
19:30														19:30
19:45		SPINN 19:45 - 20:45	PILATES 19:30 - 20:30		DANZA DEL VIENTRE 19:30 - 20:30								BAILES DE SALON 19:30 - 20:30	19:45
20:00				SPINN 19:30 - 20:30							YIN KRIPALU YOGA 19:30 - 21:00			20:00
20:15														20:15
20:30	STRENGTH 20:00 - 21:00				FUNCTIONAL TRAINING 20:30 - 21:30		PILATES 20:00 - 21:00							20:30
20:45			LATINO 20:30 - 21:30											20:45
21:00		SPINN 20:45 - 21:45												21:00
21:15														21:15
21:30														21:30
21:45														21:45
22:00														22:00

ABSARA SPA Wellness Mirasierra se reserva el cambio, ampliación o anulación de las actividades colectivas.
Los días FESTIVOS se suspenderá la programación de clases colectivas. Disculpen las molestias.

BAILES DE SALON Actividad con cuota adicional

