

CARTUJA

CLUB

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
7:15	TRAIN 40´	FOCUS	6:45	TRAIN 40´	FOCUS	6:45	CORE 30´	DINAMIC ROOM	7:15	TRX	SOUL	7:15	TRAIN 40´	FOCUS
8:15	YOGA	DINAMIC ROOM	7:30	CICLING 30´	53 STUDIO	7:15	BODY PUMP	SOUL	8:15	OPEN BOX	SOUL	8:00	STRETCHING	DINAMIC ROOM
9:15	TRAIN 40´	FOCUS	8:15	PILATES	DINAMIC ROOM	8:15	YOGA	DINAMIC ROOM	8:15	PILATES	DINAMIC ROOM	8:15	OPEN BOX	SOUL
9:30	OPEN BOX	SOUL	9:30	CICLING 30´	53 STUDIO	9:15	TRAIN 40´	FOCUS	9:30	BODY BALANCE	DINAMIC ROOM	9:00	REAXING GOLF	DINAMIC ROOM
9:30	PILATES	DINAMIC ROOM	9:30	BODY BALANCE	DINAMIC ROOM	9:30	PILATES	DINAMIC ROOM	10:30	BODY PUMP	SOUL	9:30	TRAIN 40´	FOCUS
10:30	BODY PUMP	SOUL	10:30	TRX	FOCUS	10:30	G.A.P. 40´	DINAMIC ROOM	11:30	TRAIN 40´	FOCUS	9:30	STRETCHING	DINAMIC ROOM
10:30	TRAIN 40´	FOCUS	10:30	BODY PUMP	SOUL	10:30	TRX	SOUL	12:30	PILATES	DINAMIC ROOM	10:30	TRX	FOCUS
11:30	CROSSTRAIN	SOUL	11:30	TRAIN 40´	DINAMIC ROOM	11:30	CROSSTRAIN	SOUL	13:00	OPEN BOX	SOUL	11:30	CROSSTRAIN	SOUL
11:30	REAXING GOLF	DINAMIC ROOM	12:00	CORE 30´	53 STUDIO	11:30	REAXING GOLF	DINAMIC ROOM	14:15	TRAIN 40´	FOCUS	12:30	PILATES	DINAMIC ROOM
12:30	STRETCHING	DINAMIC ROOM	12:30	PILATES	DINAMIC ROOM	12:30	STRETCHING	DINAMIC ROOM	14:15	CYCLING 30´	53 STUDIO	13:00	OPEN BOX	SOUL
14:15	TRAIN 40´	FOCUS	13:00	OPEN BOX	SOUL	14:15	TRAIN 40´	FOCUS	15:30	TRX	FOCUS	14:15	TRAIN 40´	FOCUS
14:15	YOGA	DINAMIC ROOM	14:15	BODY PUMP	SOUL	14:15	PILATES	DINAMIC ROOM	16:00	OPEN BOX	SOUL	16:30	OPEN BOX	SOUL
15:00	OPEN BOX	SOUL	14:15	CYCLING VIRTUAL	53 STUDIO	15:00	OPEN BOX	SOUL	17:00	STRETCHING	DINAMIC ROOM	17:30	OPEN BOX	SOUL
16:00	TRAIN 40´	FOCUS	15:00	TRAIN 40´	FOCUS	16:00	TRAIN 40´	FOCUS	17:30	TRAIN 40´	FOCUS	17:30	TRX	FOCUS
17:30	TRX	SOUL	16:00	OPEN BOX	SOUL	17:00	CYCLING 30´	53 STUDIO	18:00	CROSSTRAIN	SOUL	18:30	BODY PUMP	SOUL
17:30	OPEN BOX	SOUL	17:15	CROSSTRAIN	SOUL	17:30	TRX	SOUL	18:30	CORE 30´	DINAMIC ROOM	19:30	STRETCHING	DINAMIC ROOM
18:00	CORE 30´	DINAMIC ROOM	18:15	B.COMBAT	SOUL	17:30	OPEN BOX	SOUL	19:00	PILATES	DINAMIC ROOM	19:30	OPEN BOX	SOUL
18:30	CYCLING 30´	53 STUDIO	18:15	TRAIN 40´	FOCUS	18:00	CORE 30´	DINAMIC ROOM	19:00	B.COMBAT	SOUL	SÁBADO		
18:30	BODY PUMP	SOUL	19:00	CROSSTRAIN	SOUL	18:30	TRAIN 40´	FOCUS	20:00	CORE 30´	DINAMIC ROOM			
18:30	TRAIN 40´	FOCUS	19:00	PILATES	DINAMIC ROOM	18:30	BODY PUMP	SOUL	20:00	CROSSTRAIN	SOUL			
19:30	PILATES	DINAMIC ROOM	19:00	CYCLING 30´	53 STUDIO	19:30	G.A.P. 40´	DINAMIC ROOM	20:30	CYCLING VIRTUAL	53 STUDIO	HORA	ACTIVIDAD	SALA
19:30	GRIT 30´	SOUL	20:00	CORE 30´	DINAMIC ROOM	19:30	GRIT 30´	SOUL				10:30	TRAIN	FOCUS
19:30	CYCLING 30´	53 STUDIO	20:00	BODY PUMP	SOUL	20:15	OPEN BOX	SOUL				DOMINGO		
20:15	CORE 30´	SOUL	20:30	TRX	FOCUS	20:15	PILATES	DINAMIC ROOM						
20:30	PILATES	DINAMIC ROOM	21:00	OPEN BOX	SOUL	20:30	CYCLING 30´	53 STUDIO				HORA	ACTIVIDAD	SALA
21:00	CICLING 30´	53 STUDIO				21:00	TRAIN 40´	FOCUS				10:30	TRAIN	FOCUS
CARDIOVASCULAR 30´ / 45´			TONIFICACIÓN 30´ / 40´ / 45´			CUERPO Y MENTE 45´ / 50´			FUERZA 45´			DESTREZA 30´		

PARRILLA DE ACTIVIDADES
DESDE 7 ENERO HASTA 30 JUNIO 2026

>>> CARTUJA CLUB #TUNOGIMNASIO

*SUCEPTIBLE DE CAMBIO POR FALTA DE PERSONAL PARA LA ACTIVIDAD O BAJO AFORO DE USUARIOS EN LA ACTIVIDAD.