

HYROX ZONE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6:15	CROSS	HYROX	CROSS	HYROX	CROSS
7:15	HYROX	CROSS	HYROX	CROSS	HYROX
10:30		OLY HALTEROFILIA		OLY HALTEROFILIA	
15:30	CROSS	HYROX	CROSS	HYROX	CROSS
17:15	CROSS INFANTIL		CROSS INFANTIL		CROSS INFANTIL
18:15	HYROX	CROSS	HYROX	CROSS	HYROX
19:15	CROSS	HYROX	CROSS	HYROX	CROSS
20:15		CROSS	HYROX	CROSS	

SÁBADO 9:30 HYROX · 10:30 CROSS · 11.30 HYROX

SOCIO ONA PLUS



HYROX

concept 2

ONA FITNESS

STRIKE ZONE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
7:15		BOXEO		BOXEO	
17:15	JIU-JITSU (12 - 15 años)	JIU-JITSU (6 - 11 años)	JIU-JITSU (12 - 15 años)	JIU-JITSU (6 - 11 años)	JIU-JITSU (6 - 15 años)
18:15	JIU-JITSU		JIU-JITSU		JIU-JITSU
19:15	FITBOXING*	BOXEO	FITBOXING*	BOXEO	BOXEO

SOCIO ONA* + ONA PLUS



ONA FITNESS

PILATES STUDIO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07:30	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER
08:30	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER
10:30	PILATES REFORMER		PILATES REFORMER		PILATES REFORMER
15:00	PILATES REFORMER	PILATES REFORMER		PILATES REFORMER	PILATES REFORMER
17:15	PILATES REFORMER		PILATES REFORMER		PILATES REFORMER
18:15	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER	PILATES REFORMER
19:15		PILATES REFORMER		PILATES REFORMER	

SOCIO ONA PILATES

CUORE
PILATES

ONA FITNESS

MOVE STUDIO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:15	ONA PUMP (ONA)	YOGA FLOW (PLUS)	ONA SHAPE (ONA)	YOGA FLOW (PLUS)	ONA PUMP (ONA)
9:30	PILATES MAT (PLUS)	BARRE (PLUS)	PILATES MAT (PLUS)	BARRE (PLUS)	BARRE (PLUS)
10:30	ONA SHAPE (ONA)	ONA SILVER (ONA)	ONA PUMP (ONA)	ONA SILVER (ONA)	ONA SHAPE (ONA)
15:30	ONA SHAPE 30' (ONA)	ONA SHAPE 30' (ONA)	ONA SHAPE 30' (ONA)	ONA SHAPE 30' (ONA)	ONA SHAPE 30' (ONA)
17:15	ONA SHAPE (ONA)	ONA PUMP (ONA)	ONA SHAPE (ONA)	ONA PUMP (ONA)	ONA SHAPE (ONA)
18:15	BARRE (PLUS)	YOGA FLOW (PLUS)	BARRE (PLUS)	PILATES MAT (PLUS)	BARRE (PLUS)
19:15	ONA PUMP (ONA)	ONA SHAPE (ONA)	ONA PUMP (ONA)	ONA SHAPE (ONA)	ONA PUMP (ONA)
20:15	PILATES MAT (PLUS)	BARRE (PLUS)	YOGA FLOW (PLUS)	BARRE (PLUS)	PILATES MAT (PLUS)

SOCIO ONA

Actividades ONA

SOCIO ONA PLUS

Actividades PLUS

ONA FITNESS

PLAY GROUND

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
17:15	FUNCIONAL		FUNCIONAL		FUNCIONAL
18:15	DANCE		DANCE		COMBAT
19:15	FUNCIONAL	FUNCIONAL	COMBAT	FUNCIONAL	FUNCIONAL

SOCIO ONA



ONA FITNESS

COACHING LAB

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
07:00	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL
08:00	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL
09:00	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL
15:15	ENTRENAMIENTO PERSONAL		ENTRENAMIENTO PERSONAL		ENTRENAMIENTO PERSONAL
16:15	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL	ENTRENAMIENTO PERSONAL
17:15		ENTRENAMIENTO PERSONAL		ENTRENAMIENTO PERSONAL	
18:15		ENTRENAMIENTO PERSONAL		ENTRENAMIENTO PERSONAL	

4-5 personas



**HAMMER
STRENGTH**

ONA FITNESS