

HORARIO STEPSBAY CURSO 2025- 2026

Inicio	Fin	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00	9:00	S3		BARRE FITNESS (J)		BARRE FITNESS (S)		
9:00	10:00	S1						
9:30	10:30	S3	BARRE FITNESS (S)	BARRE FITNESS (J)	BARRE FITNESS (S)	BARRE FITNESS (S)	BROADWAY JAZZ (S)	
		S1		YOGA (M)		YOGA (M)	BARRE FITNESS (MA)	
		S2				BALLET ADULTAS INIC. (C)*		
10:30	11:30	S1						BARRE FITNESS/ YOGA (Rotativo 2 clases/mes)
11:00	12:00	S1		PILATES (S)	FIT DANCE GOLD ONLINE (S)	PILATES (S)		TELAS AÉREAS (6-12 NIVEL I.) (AN)
12:00	13:00	S1				FIT DANCE (S)		ZUMBA DANCE 12.00 a 13.00h (AC)
								TELAS AÉREAS: 12:00 a 13.30h (Multinivel) (AN)
13:00	14:00	S1	FIT DANCE GOLD (S)				FIT DANCE GOLD (S)	
14:00	15:00	S2	BARRE FITNESS (S)		BARRE FITNESS (MA)			
		S3	BARRE FITNESS (MA)					
15:00	16:00	S1					ZUMBA DANCE (B)	
16:30	17:30	S1					TELAS AÉREAS (6-12 NIVEL I.) (AN)	
17:30	18:30	S1	JAZZ III (10-12) (S)	JAZZ JUVENIL (14-17) (S)	TELAS AÉREAS (Multinivel) (AN)	TELAS AÉREAS (+12) (AN)	TELAS AÉREAS (10-12 Inic.)(AN)	
		S2	JAZZ INFANTIL II (6-8) (MA)	JAZZ II (8-10) (H)	PRE-DANZA II (4-6) (H)	PRE-DANZA I (4-6) (MA)	GRUPO TECNIFICACIÓN	
		S3	HIP- HOP/ BREAKDANCE I (9-12) (AL)	COMMERCIAL JUVENIL II (13-16) (A)	COMMERCIAL INFANTIL I (7-12) (IR)	JAZZ JUVENIL (14-17) (S)	ZUMBA DANCE (AC)	
18:00	19:00							
18:30	19:30	S1	TELAS AÉREAS (6-12 Nivel I.) (AN)	JAZZ IV (11-13) (S)	JAZZ III (8-10) ALTO (H)	TELAS AÉREAS (6-12) (AN)	TELAS AÉREAS (Adulto iniciación) (AN)	
		S2		BALLET I (6-8) (H)	BARRE FITNESS (J)	ACROBACIAS Multinivel (E)	TEATRO MUSICAL (pdte grupo)	
		S3	JAZZ JUVENIL ALTO (13-16) (S)	COMMERCIAL II (16-18) (A)	JAZZ FUNK IV (10-12) ALTO (IR)			
19:00	20:00						BAILES LATINOS (Y)	
19:30	20:30	S1	TELAS AÉREAS (+12) (AN)	YOGA (MA)	JAZZ ADULTO (H)	COMMERCIAL ADULTOS (E)		
		S2	CONTEMPORÁNEO (MA)	BARRE FITNESS (S)	FIT DANCE (AC)	SEV.FLAMENCO ADULTOS (SO)		
		S3	FIT DANCE (S)	BALLET ADULTAS Intermedio. (H)* 1.5h	BARRE FITNESS (J)	BARRE FITNESS (MA)	BAILES LATINOS (Y)	
20:00	21:00						STEPS FIT & DANCE STUDIO 3 BAY By Sandra Biosca	
20:30	21:30	S1	YOGA (MA)			COMMERCIAL HEELS (J)		
		S2	BARRE FITNESS (S)			YOGA (MA)		
		S3			BARRE FITNESS (S)			
		S3						