

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6:00	50'	50'	50'		50'
6:00	50'	50'	50'	50'	50'
6:00	60'		60'		
7:00	50'	50'	50'	50'	
7:00	50'	60'	50'	50'	50'
7:00			50'	50'	
7:00		60'		60'	
8:00	50'	50'	50'		
8:00	50'	50'	50'		50'
9:00		50'	50'	50'	50'



17:00	50'	50'	50'	50'	
18:00	50'	50'	50'	50'	50'
18:00	50'	50'	50'		50'
18:00	50'		50'		
18:00	50'	50'	50'	50'	50'
19:00	50'	50'	50'	50'	
19:00	50'	50'	50'	50'	50'
19:00		50'	50'	50'	

HOTEL
**DANN
CARLTON**

SALA
FITNESS GRUDAL
AFORO 16 PERSONAS

SALA
PHISYCLE
AFORO 10 PERSONAS

PISCINA

OUTDOORS

PHISIQUE
ONLINE

Phisque
wellness club

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00	50'	50'	50'		50'	
6:00		50'				
7:00	50'	50'	50'	50'		
7:00	50'	50'	50'		50'	
7:00	50'	50'	50'	50'	50'	
7:00		60'	50'	60'		
8:00	50'	50'	50'	50'	50'	50'
8:00	50'	50'	50'		50'	
9:00		50'	50'	50'	50'	50'



17:00	50'	50'	50'	50'	
18:00		50'	50'	50'	
18:00	50'	50'	50'		50'
18:00	50'	50'	50'	50'	
18:00	50'	50'	50'	50'	50'
19:00	50'	50'	50'		
19:00	50'	50'	50'	50'	50'
19:00	50'		50'	50'	

PLAZA
LAS AMÉRICAS

SALA FITNESS GRUPAL

SALA TATAMI

SALA PHISYCLE

OUTDOORS

PLAZA
CENTRAL

PHISIQUE ONLINE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00	50'	50'	50'			
6:00	FUNCIONAL 50'	FULL BODY 50'			LES MILLS BODYPUMP 50'	
6:00						
7:00		LES MILLS RPM 50'	50'		LES MILLS sprint 50'	
7:00	LES MILLS BODYPUMP 50'	50'	YOGA 50'	LES MILLS BODYPUMP 50'	TRX 50'	
7:00		FUNCTIONAL RUN CUM 60'	50'	50'		
8:00		CYCLING 50'		50'		
8:00	LES MILLS CXWORX 50'	LES MILLS BODYPUMP 50'	TRX 50'		50'	
8:00	FULL BODY 50'	YOGA 50'	CYCLING 50'		BALANCE 50'	
9:00		HIIT 50'	HIIT 50'	50'	BARRE 50'	
9:00	CYCLING 50'					
9:00	50'	TRX 50'	50'		50'	50'

17:00		YOGA 50'				
17:00	50'	circuit training 50'	PRO BOX 50'	LES MILLS BODYCOMBAT 50'		
18:00						
18:00	LES MILLS RPM 50'	MTB 50'	MTB 50'	50'		
18:00	LES MILLS BODYPUMP 50'	50'	LES MILLS BODYPUMP 50'	TRX 50'	LES MILLS CXWORX 50'	
18:00	50'	LES MILLS BODYCOMBAT 50'	50'	50'	GRIT 50'	
19:00	CYCLING 50'	MTB 50'	MTB 50'			
19:00	TRX 50'	LES MILLS BODYPUMP 50'	LES MILLS CXWORX 50'	FUNCIONAL 50'	TRX 50'	
19:00			YOGA 50'	CYCLING 50'		

PASEO
SAN FRANCISCO
CUMBAYÁ

SALA FITNESS GUDAL
AFORO 16 PERSONAS

OUTDOORS

SALA PHISIQUE
AFORO 10 PERSONAS

PHISIQUE ONLINE

Phisque
wellness club

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6:00	50'	montaña 50'	TODOterreno 50'		INTERVALOS 50'
6:00	DILATES 50'	TRX 50'	DILATES 50'	GAP 50'	FUNCIONAL 50'
7:00	montaña 50'	RUTA 50'	TODOterreno 50'	RUTA 50'	
7:00	LESMILLS CXWORX 50'		YOGA 50'	TRX 50'	TRX 50'
7:00			GAP 50'	DILATES 50'	
7:00		FUNCTIONAL RUN CUM 60'		FUNCTIONAL RUN UIO 60'	
8:00	FITBALL 50'	GAP 50'	DILATES 50'	FUNCIONAL 50'	FULL BODY 50'
8:00	FULL BODY 50'	YOGA 50'	CYCLING 50'		BALANCE 50'
9:00		HIIT 50'	HIIT 50'	GLUTE ABS 50'	BARRE 50'

16:00	swimming 50'		swimming 50'		
17:00	DILATES 50'	circuit training 50'	PRO BOX 50'	LESMILLS BODYCOMBAT 50'	
17:00		swimming 50'		swimming 50'	DILATES 50'
18:00	TODOterreno 50'	RUTA 50'	montaña 50'		
18:00	YOGA 50'	GAP 50'	ABS 50'	DILATES 50'	YOGA 50'
18:00	Baile 50'	LESMILLS BODYCOMBAT 50'	Baile 50'	Baile 50'	GRIT 50'
19:00	LESMILLS RPM 50'	RUTA 50'	TODOterreno 50'	montaña 50'	
19:00	TRX 50'	TABATA 50'	GAP 50'	STRETCHING 50'	
19:00			YOGA 50'	CYCLING 50'	

SWISSÔTEL
QUITO

SALA FITNESS GRUPAL
AFORO 16 PERSONAS

SALA PHISYCLE
AFORO 10 PERSONAS

PISCINA

OUTDOORS

PHISIQUE ONLINE



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00	LES MILLS RPM 50'			LES MILLS RPM 50'		
6:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
6:00				DILATES 50'		
7:00	TODOterreno 50'	montaña 50'	RUTA 50'		50'	
7:00		LES MILLS CXWORX 50'		LES MILLS CXWORX 50'		
7:00	DILATES 50'	FUNCTIONAL RUN CUM 60'	DILATES 50'	FUNCTIONAL RUN UIO 60'	YOGA 50'	
7:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
8:00			Gap 50'	DILATES 50'		
8:00	YOGA 50'		POWER JUMP 50'	Gap 50'	LES MILLS CXWORX 50'	
8:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
9:00	FULL BODY 50'	YOGA 50'	CYCLING 50'		BALANCE 50'	
9:00	circuit training 50'	HIIT 50'	HIIT 50'	GLUTE ABS 50'	BARRE 50'	
9:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
9:00		DILATES 50'			DILATES 50'	

17:00	CARDIO 50'	LES MILLS RPM 50'	Gap 50'	RUTA 50'		
17:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	
17:00	DILATES 50'	circuit training 50'	PROBOX 50'	LES MILLS BODYCOMBAT 50'		
17:00	DILATES 50'				DILATES 50'	
18:00			montaña 50'	TODOterreno 50'		
18:00	LES MILLS BODYPUMP 50'	Gap 50'	LES MILLS BODYPUMP 50'	ABS 50'		
18:00	Baile 50'	LES MILLS BODYCOMBAT 50'	Baile 50'	Baile 50'	GRIT 50'	
18:00		DILATES 50'		YOGA 50'		
18:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	
19:00	TODOterreno 50'		RUTA 50'			
19:00			YOGA 50'	CYCLING 50'		
19:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	

JARDÍN BOTÁNICO

SALA FITNESS GRUDAL

SALA PHISYCLE

SALA TATAMI

BIO FUNCTIONAL

OUTDOORS

PHISIQUE ONLINE

Phisque Wellness Club se reserva el derecho de modificar el horario sea agregando y/o eliminando clases; además se informa la no exclusividad de profesionales en las diferentes actividades.