

# Horario clases dirigidas

## Fitness Class Schedule



**RAFA NADAL**  
CLUB

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY		LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
7:15	ATHLETIK 45' Sala 2 - Room 2	FULL TONO 45' Sala 2 - Room 2	FULL CARDIO 45' Sala 3 - Room 3	GAP 45' Sala 2 - Room 2	BODY PUMP 45' Sala 2 - Room 2		17:15	BODY COMBAT 45' Sala 2 - Room 2	BEP 30' Sala 2 - Room 2			
8:15	GAP 45' Sala 2 - Room 2	CYCLO INDOOR 45' Sala 4 - Room 4	FULL TONO 45' Sala 2 - Room 2	ATHLETIK 45' Sala 2 - Room 2	ZUMBA 45' Sala 2 - Room 2		17:30			GAP 45' Sala 2 - Room 2	FULL TONO 45' Sala 2 - Room 2	
9:15	BODY COMBAT 45' Sala 2 - Room 2		CYCLO INDOOR 45' Sala 4 - Room 4		FULL FITNESS 60' Sala 2 - Room 2		17:45	GLÚTEOS 30' Sala 3 - Room 3	ELEMENTS 30' Sala 3 - Room 3		ELEMENTS 30' Sala 3 - Room 3	
9:30		BODY PUMP 55' Sala 2 - Room 2		BODY PUMP 55' Sala 2 - Room 2			18:00	FÚTBOL - SOCCER 90' Campo Fútbol - Soccer Field	FULL FITNESS 60' Sala 2 - Room 2	CYCLO INDOOR 45' Sala 4 - Room 4		BEP 30' Sala 3 - Room 3
9:45					FULL CIRCUIT 30' Omnia		18:15	BODY PUMP 45' Sala 2 - Room 2				
10:00			CORE 15' Sala 2 - Room 2			SPECIAL CLASS 45' Sala 2 - Room 2	18:30	ZUMBA 45' Sala 3 - Room 3	CORE 30' Sala 3 - Room 3			
10:15	FULL CIRCUIT 30' Omnia		FULL CIRCUIT 30' Sala 2 - Room 2		GLÚTEOS 30' Sala 2 - Room 2		18:45	CYCLO INDOOR 45' Sala 4 - Room 4			CYCLO INDOOR 45' Sala 4 - Room 4	
10:30	AQUAFIT 45' Piscina - Pool	FITNESS SALUD 60' Sala 2 - Room 2	AQUAFIT 45' Piscina - Pool	FITNESS SALUD 60' Sala 2 - Room 2	AQUAFIT 45' Piscina - Pool		19:00	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	
10:45	GLÚTEOS 30' Sala 2 - Room 2						19:15		CYCLO INDOOR 45' Sala 4 - Room 4	BODY PUMP 45' Sala 2 - Room 2	GAP 45' Sala 2 - Room 2	CYCLO INDOOR 45' Sala 4 - Room 4
11:00		INIC - INIT PADEL 60' Pádel Es Centre	INIC - INIT PADEL 60' Pádel Es Centre	INIC - INIT PADEL 60' Pádel Es Centre		GAP 30' Sala 2 - Room 2	19:30				ZUMBA 45' Sala 3 - Room 3	
11:30		CORE 30' Sala 2 - Room 2		PRE-NATAL 60' Omnia		ESPALDA SANA HEALTHY BACK 30' Sala 2 - Room 2	19:45	ATHLETIK 45' Sala 2 - Room 2	FÚTBOL - SOCCER 75' Campo Fútbol - Soccer Field		VOLEIBOL VOLLEYBALL 60' Volley Arena - Sand Volley	
12:00		STRETCHING MIOFASCIAL 15' Sala 2 - Room 2					20:00	FULL TONO 45' Sala 3 - Room 3	ZUMBA 45' Sala 3 - Room 3	FULL TONO 45' Sala 3 - Room 3		
13:30	GAP 45' Sala 2 - Room 2	FULL TONO 45' Sala 2 - Room 2	HIIT CORE 45' Sala 2 - Room 2	ATHLETIK 45' Sala 2 - Room 2	FULL TONO 45' Sala 2 - Room 2		20:15	ATHLETIK 45' Sala 2 - Room 2	VOLEIBOL VOLLEYBALL 60' Volley Arena - Sand Volley		ESTILOS 60' Sala 3 - Room 3	
13:45			CORE 15' Sala 2 - Room 2				20:30	CYCLO INDOOR 45' Sala 4 - Room 4				
14:30	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia		20:55			BODY COMBAT 45' Sala 2 - Room 2	ATHLETIK 45' Sala 2 - Room 2	
15:30	ATHLETIK 45' Sala 2 - Room 2	BOXING 45' Sala 2 - Room 2	ELEMENTS 45' Sala 3 - Room 3	BODY PUMP 45' Sala 2 - Room 2	HIIT 30' Sala 3 - Room 3						FITNESS SALUD HEALTHY FITNESS 45' Omnia	
16:00				CORE 30' Sala 3 - Room 3			19:45	AQUAFIT 45' Piscina - Pool	FITNESS SALUD HEALTHY FITNESS 45' Omnia	AQUAFIT 45' Piscina - Pool		AQUAFIT 45' Piscina - Pool
16:15			GLÚTEOS 30' Sala 2 - Room 2		BOXING 45' Sala 2 - Room 2		20:00		ESTILOS 60' Sala 3 - Room 3			
16:30	BEP 30' Sala 3 - Room 3	CORE 30' Sala 2 - Room 2			CORE 30' Sala 3 - Room 3		20:15	CORE 30' Sala 2 - Room 2	BODY PUMP 60' Sala 2 - Room 2	SALSA & BACHATA 55' NIVEL 1 - LEVEL 1 Sala 3 - Room 3		
16:45							20:30				GLÚTEOS 30' Sala 3 - Room 3	
17:00			CORE 30' Sala 2 - Room 2				20:55			BEP 30' Sala 2 - Room 2		
	CORE 30' Sala 3 - Room 3	GAP 30' Sala 3 - Room 3	BEP 30' Sala 3 - Room 3		GAP 45' Sala 3 - Room 3					SALSA & BACHATA 55' NIVEL 2 - LEVEL 2 Sala 3 - Room 3		