Horario clases dirigidas
Fitness Class Schedule

RAFA NADAL CLUB

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
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*	
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*	
9:15	BODY COMBAT 45' *Sala 2 · Room 2*		CYCLO INDOOR 45' *Sala 4 · Room 4*		FULL FITNESS 60' *Sala 2 · Room 2*	
9:30		BODY PUMP 55' *Sala 2 · Room 2*		BODY PUMP 55' *Sala 2 · Room 2*		
	AQUAFIT 45' *Piscina · Pool*	AQUAFIT 45' *Piscina · Pool*	AQUAFIT 45' *Piscina · Pool*	AQUAFIT 45' *Piscina · Pool*	AQUAFIT 45' *Piscina · Pool*	
9:45					FULL CIRCUIT 30' *Omnia*	
10:00			CORE 15' *Sala 2 · Room 2*			SPECIAL CLASS 45' *Sala 2 · Room 2*
10:15	FULL CIRCUIT 30' *Omnia*		FULL CIRCUIT 30' *Sala 2 · Room 2*		GLÚTEOS 30' *Sala 2 · Room 2*	
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*	
		PRE-NATAL 45' *Omnia*				
10:45	GLÚTEOS 30' *Sala 2 · Room 2*					
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*
11:30		CORE 30' *Sala 2 · Room 2*		PRE-NATAL 60' *Omnia*		ESPALDA SANA HEALTHY BACK 30' *Sala 2 · Room 2*
12:00		STRETCHING MIOFASCIAL 15' *Sala 2 · Room 2*				
13:30	GAP 45' *Sala 2 · Room 2*	FULL TONO 45' *Sala 2 · Room 2*	FULL CARDIO 45' *Sala 2 · Room 2*	ATHLETIK 45' *Sala 2 · Room 2*	FULL TONO 45' *Sala 2 · Room 2*	
13:45			CORE 15' *Sala 2 · Room 2*			
14:30	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	
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*	FULL CARDIO 45' *Sala 2 · Room 2*	
16:00				CORE 30' *Sala 3 · Room 3*		
16:15			GLÚTEOS 30' *Sala 2 · Room 2*		BOXING 45' *Sala 2 · Room 2*	
		BODY PUMP 30' *Sala 3 · Room 3*	ATHLETIK 45' *Sala 3 · Room 3*		CORE 30' *Sala 3 · Room 3*	
16:30	BEP 30' *Sala 3 · Room 3*	CORE 30' *Sala 2 · Room 2*		BOXING 45' *Sala 2 · Room 2*		
16:45				CORE 30' *Sala 3 · Room 3*		
17:00			CORE 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*	

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY
17:15	BODY COMBAT 45' *Sala 2 · Room 2*	BEP 30' *Sala 2 · Room 2*			
17:30			GAP 45' *Sala 2 · Room 2*	FULL TONO 45' *Sala 2 · Room 2*	
	GLÚTEOS 30' *Sala 3 · Room 3*	ELEMENTS 30' *Sala 3 · Room 3*		ELEMENTS 30' *Sala 3 · Room 3*	
17:45	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	ATHLETIK 45' *Sala 2 · Room 2*
			ZUMBA 45' *Sala 3 · Room 3*		
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*
18:15	BODY PUMP 45' *Sala 2 · Room 2*				
	ZUMBA 45' *Sala 3 · Room 3*	CORE 30' *Sala 3 · Room 3*			
	CYCLO INDOOR 45' *Sala 4 · Room 4*			CYCLO INDOOR 45' *Sala 4 · Room 4*	
18:30	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	FULL CIRCUIT 30' *Omnia*	
		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*
				ZUMBA 45' *Sala 3 · Room 3*	
18:45					ZUMBA 45' *Sala 3 · Room 3*
19:00		ATHLETIK 45' *Sala 2 · Room 2*	FÚTBOL · SOCCER 75' *Campo Fútbol · Soccer Field*	VOLEIBOL VOLLEYBALL 60' *Volley Arena · Sand Volley*	
	FULL TONO 45' *Sala 3 · Room 3*	ZUMBA 45' *Sala 3 · Room 3*	FULL TONO 45' *Sala 3 · Room 3*		
19:15	ATHLETIK 45' *Sala 2 · Room 2*	VOLEIBOL VOLLEYBALL 60' *Volley Arena · Sand Volley*		ESTILOS 60' *Sala 3 · Room 3*	
	CYCLO INDOOR 45' *Sala 4 · Room 4*				
19:30			BODY COMBAT 45' *Sala 2 · Room 2*	ATHLETIK 45' *Sala 2 · Room 2*	
				FITNESS SALUD HEALTHY FITNESS 45' *Omnia*	
19:45	AQUAFIT 45' *Piscina · Pool*	FITNESS SALUD HEALTHY FITNESS 45' *Omnia*	AQUAFIT 45' *Piscina · Pool*		AQUAFIT 45' *Piscina · Pool*
		ESTILOS 60' *Sala 3 · Room 3*			
20:00	CORE 30' *Sala 2 · Room 2*	BODY PUMP 60' *Sala 2 · Room 2*	SALSA & BACHATA 55' NIVEL 1 · LEVEL 1 *Sala 3 · Room 3*		
20:15				GLÚTEOS 30' *Sala 3 · Room 3*	
20:30			BEP 30' *Sala 2 · Room 2*		
20:55			SALSA & BACHATA 55' NIVEL 2 · LEVEL 2 *Sala 3 · Room 3*		

LesMills BODYPUMP · LesMills BODYBALANCE · LesMills BODYCOMBAT · LesMills GRIT · ZUMBA · HBX