

Horario clases dirigidas

Fitness Class Schedule



	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-360 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		17:30			GAP 45' Sala 2 · Room 2	FULL TONO 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	FULL STRONG 45' Sala 2 · Room 2	ZUMBA 45' Sala 2 · Room 2			GLÚTEOS 30' Sala 3 · Room 3	ELEMENTS 30' Sala 3 · Room 3		ELEMENTS 30' Sala 3 · Room 3	
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	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	ATHLETIK-360 45' Sala 2 · Room 2
9:30		BODY PUMP 55' Sala 2 · Room 2		BODY PUMP 55' Sala 2 · Room 2						ZUMBA 45' Sala 3 · Room 3		
9:45					FULL CIRCUIT 30' Omnia		18:00		FULL FITNESS 60' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4		BEP 30' Sala 3 · Room 3
10:00			CORE 15' Sala 2 · Room 2			SPECIAL CLASS 45' Sala 2 · Room 2	18:15	BODY PUMP 45' Sala 2 · Room 2				
10:15	FULL CIRCUIT 30' Omnia		FULL CIRCUIT 30' Sala 2 · Room 2		GLÚTEOS 30' Sala 2 · Room 2			ZUMBA 45' Sala 3 · Room 3	CORE 30' Sala 3 · Room 3			
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			CYCLO INDOOR 45' Sala 4 · Room 4			CYCLO INDOOR 45' Sala 4 · Room 4	
10:45	GLÚTEOS 30' Sala 2 · Room 2						18:30	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	
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			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
11:30		CORE 30' Sala 2 · Room 2		PRE-NATAL 60' Omnia		ESPALDA SANA HEALTHY BACK 30' Sala 2 · Room 2	18:45					ZUMBA 45' Sala 3 · Room 3
12:00		STRETCHING MIOFASCIAL 15' Sala 2 · Room 2					19:00		FULL STRONG 45' Sala 2 · Room 2	FÚTBOL · SOCCER 75' Campo Fútbol · Soccer Field	VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Volley	
13:30	GAP 45' Sala 2 · Room 2	FULL TONO 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	ATHLETIK-360 45' Sala 2 · Room 2	FULL STRONG 45' Sala 2 · Room 2			FULL TONO 45' Sala 3 · Room 3	ZUMBA 45' Sala 3 · Room 3	FULL TONO 45' Sala 3 · Room 3		
14:30	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia		19:15	ATHLETIK 360 45' Sala 2 · Room 2	VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Volley		ESTILOS 60' Sala 3 · Room 3	
15:30	ATHLETIK-360 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			CYCLO INDOOR 45' Sala 4 · Room 4				
16:00		BODY PUMP 45' Sala 3 · Room 3		CORE 30' Sala 3 · Room 3				FÚTBOL · SOCCER 75' Campo Fútbol · Soccer Field				
16:15			GLÚTEOS 30' Sala 2 · Room 2		BOXING 45' Sala 2 · Room 2		19:30			BODY COMBAT 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	
			FULL STRONG 45' Sala 3 · Room 3		CORE 30' Sala 3 · Room 3						FITNESS SALUD HEALTHY FITNESS 45' Omnia	
16:30	BEP 30' Sala 3 · Room 3	CORE 30' Sala 2 · Room 2		BOXING 45' Sala 2 · Room 2			19:45	AQUAFIT 45' Piscina · Pool	FITNESS SALUD HEALTHY FITNESS 45' Omnia	AQUAFIT 45' Piscina · Pool		AQUAFIT 45' Piscina · Pool
16:45				CORE 30' Sala 3 · Room 3					ESTILOS 60' Sala 3 · Room 3			
17:00			CORE 30' Sala 2 · Room 2				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		
	CORE 30' Sala 3 · Room 3	GAP 30' Sala 3 · Room 3	BEP 30' Sala 3 · Room 3		GAP 45' Sala 3 · Room 3		20:15				GLÚTEOS 30' Sala 3 · Room 3	
17:15	BODY COMBAT 45' Sala 2 · Room 2	BEP 30' Sala 2 · Room 2					20:30			FULL CIRCUIT 30' Omnia		
							20:55			SALSA & BACHATA 55' NIVEL 2 · LEVEL 2 Sala 3 · Room 3		