

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		17:15	BODY COMBAT 45' Sala 2 · Room 2	BEP 30' Sala 2 · Room 2			
8:00		INIC · INIT PADEL 60' Pádel Es Centre		INIC · INIT PADEL 60' Pádel Es Centre			17:30			GAP 45' Sala 2 · Room 2	FULL TONO 45' Sala 2 · Room 2	
8:15	GAP 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	FULL TONO 45' Sala 2 · Room 2	FULL STRONG 45' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4		17:45	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		18:00		FULL FITNESS 60' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4		BEP 30' Sala 3 · Room 3
9:30		BODY PUMP 55' Sala 2 · Room 2		BODY PUMP 55' Sala 2 · Room 2			18:15	BODY PUMP 45' Sala 2 · Room 2				
9:45					FULL CIRCUIT 30' Omnia		18:30	ZUMBA 45' Sala 3 · Room 3	CORE 30' Sala 3 · Room 3			
10:00			CORE 15' Sala 2 · Room 2			SPECIAL CLASS 45' Sala 2 · Room 2	18:45	CYCLO INDOOR 45' Sala 4 · Room 4			CYCLO INDOOR 45' Sala 4 · Room 4	
10:15	FULL CIRCUIT 30' Omnia		FULL CIRCUIT 30' Sala 2 · Room 2		GLÚTEOS 30' Sala 2 · Room 2		19:00	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	
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		19:15		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
10:45	GLÚTEOS 30' Sala 2 · Room 2	PRE-NATAL 45' Omnia					19:30				ZUMBA 45' Sala 3 · Room 3	
11:00						GAP 30' Sala 2 · Room 2	19:45					ZUMBA 45' Sala 3 · Room 3
11:30		FULL CIRCUIT 30' Sala 2 · Room 2		PRE-NATAL 60' Omnia		ESPALDA SANA HEALTHY BACK 30' 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		
12:00		STRETCHING MIOFASCIAL 15' Sala 2 · Room 2					20:15	ATHLETIK 360 45' 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-360 45' Sala 2 · Room 2	FULL STRONG 45' Sala 2 · Room 2		20:30	FÚTBOL · SOCCER 75' Campo Fútbol · Soccer Field				
14:30	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia		20:55					
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				VOLEIBOL VOLLEYBALL 60' Valley Arena · Sand Volley	BODY COMBAT 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	
16:00		BODY PUMP 45' Sala 3 · Room 3		CORE 30' Sala 3 · Room 3							FITNESS SALUD HEALTHY FITNESS 45' Omnia	
16:15			GLÚTEOS 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
16:30	BEP 30' Sala 3 · Room 3	CORE 30' Sala 2 · Room 2	FULL STRONG 45' Sala 3 · Room 3		CORE 30' Sala 3 · Room 3		20:00	CORE 30' Sala 2 · Room 2	FULL STRONG 55' Sala 2 · Room 2	SALSA & BACHATA 55' NIVEL 1 · LEVEL 1 Sala 3 · Room 3		
16:45				CORE 30' Sala 3 · Room 3			20:15				GLÚTEOS 30' Sala 3 · Room 3	
17:00	CORE 30' Sala 3 · Room 3	GAP 30' Sala 3 · Room 3	BEP 30' Sala 3 · Room 3		GAP 45' Sala 3 · Room 3		20:30			FULL CIRCUIT 30' Omnia		
							20:55			SALSA & BACHATA 55' NIVEL 2 · LEVEL 2 Sala 3 · Room 3		

Horario clases virtuales

Virtual Class Schedule



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	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
7:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4		
8:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4		BODY PUMP 45' Sala 3 · Room 3	
9:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4		GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
							BODY PUMP 45' Sala 3 · Room 3
10:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
							BODY COMBAT 45' Sala 3 · Room 3
11:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
						BODY PUMP 45' Sala 3 · Room 3	BODY BALANCE 45' Sala 3 · Room 3
12:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
						BODY COMBAT 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3
13:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
						BODY PUMP 45' Sala 3 · Room 3	BODY COMBAT 45' Sala 3 · Room 3
14:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
	BODY PUMP 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3	BODY BALANCE 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3	BODY BALANCE 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
15:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
	BODY PUMP 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3		BODY COMBAT 30' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3	BODY BALANCE 45' Sala 3 · Room 3
16:00					BODY PUMP 45' Sala 3 · Room 3		
16:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4
						BODY COMBAT 45' Sala 3 · Room 3	BODY PUMP 45' Sala 3 · Room 3
17:15	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4		
						BODY PUMP 45' Sala 3 · Room 3	
18:15						BODY BALANCE 30' Sala 3 · Room 3	
19:15						BODY PUMP 45' Sala 3 · Room 3	
19:30	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	
20:00	GROUP CYCLE 45' Sala 4 · Room 4		GROUP CYCLE 45' Sala 4 · Room 4				
20:30	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4	GROUP CYCLE 45' Sala 4 · Room 4		
20:45		BODY BALANCE 45' Sala 3 · Room 3					
21:00					BODY PUMP 45' Sala 3 · Room 3		

LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LESMILLS
GRIT

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