

Horario clases dirigidas

Fitness Class Schedule



RAFA NADAL
CLUB

	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
7:15	ATHLETIK-360 45' Sala 2 · Room 2	FULL TONO 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	GAP 45' Sala 2 · Room 2	BODY PUMP 45' Sala 2 · Room 2	
8:00						
8:15	FULL TONO 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	GAP 45' Sala 2 · Room 2	FULL STRONG 45' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4	
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		
9:45						
10:00			CORE 15' Sala 2 · Room 2			SPECIAL CLASS 45' Sala 2 · Room 2
10:15	FULL CIRCUIT 30' Sala 2 · Room 2		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' Sala 2 · St.Yoga&Pilates				
		AQUAFIT 45' Piscina · Pool		AQUAFIT 45' Piscina · Pool		
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		FULL STRONG 45' Sala 2 · Room 2		PRE-NATAL 60' Omnia		ESPALDA SANA HEALTHY BACK 30' Sala 2 · Room 2
12:00						
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	
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-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	
16:00		BODY PUMP 45' Sala 3 · Room 3		CORE 30' Sala 3 · Room 3		
16:15			GLÚTEOS 30' Sala 3 · Room 3		BOXING 45' Sala 2 · Room 2	
			FULL STRONG 45' Sala 2 · Room 2		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 2 · Room 2	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	
	CLÚTEOS 30' Sala 2 · Room 2			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-360 45' Sala 2 · Room 2
		ELEMENTS 30' Sala 3 · Room 3	ZUMBA 45' Sala 3 · Room 3		
18:00		FULL FITNESS 60' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4		BEP 30' Sala 3 · Room 3
	BODY PUMP 45' Sala 2 · Room 2				
18:15	ZUMBA 45' Sala 3 · Room 3	CORE 30' Sala 3 · Room 3		VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Valley	
	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		FULL STRONG 55' Sala 2 · Room 2	FÚTBOL · SOCCER 75' Campo Fútbol · Soccer Field		
	FULL TONO 45' Sala 3 · Room 3	ZUMBA 45' Sala 3 · Room 3	FULL TONO 45' Sala 3 · Room 3		
19:15	ATHLETIK 360 45' Sala 2 · Room 2				
	FUNNY VOLEI 60' Volley Arena · Sand Valley				
19:30		VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Valley	BODY COMBAT 45' Sala 2 · Room 2	FULL CARDIO 45' Sala 2 · Room 2	
				FITNESS SALUD HEALTHY FITNESS 45' Room 3 · Sala 3	
19:45	AQUAFIT 45' Piscina · Pool	FITNESS SALUD HEALTHY FITNESS 45' Sala 3 · Room 3	AQUAFIT 45' Piscina · Pool		AQUAFIT 45' Piscina · Pool
20:00	CORE 30' Sala 2 · Room 2	FULL STRONG 55' Sala 2 · Room 2	BACHATA 45' Sala 3 · Room 3		
	ESTILOS Sala 3 · Room 3				
20:15				GLÚTEOS 30' Sala 2 · Room 2	
20:30			FULL CIRCUIT 30' Omnia		
20:45			SALSA 45' Sala 3 · Room 3		