

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 45' Sala 2 - Room 2	FULL TONO 45' Sala 2 - Room 2	BODY COMBAT 45' Sala 2 - Room 2	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	ATHLETIK 45' Sala 2 - Room 2	BODY COMBAT 45' Sala 2 - Room 2		17:45	GLÚTEOS 30' Sala 3 - Room 3	ELEMENTS 30' Sala 3 - Room 3		ELEMENTS 30' Sala 3 - Room 3	
9:15	BODY COMBAT 45' Sala 2 - Room 2		CYCLo INDOOR 45' Sala 4 - Room 4		FULL FITNESS 60' Sala 2 - Room 2		18:00	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	
9:30		BODY PUMP 55' Sala 2 - Room 2		BODY PUMP 55' Sala 2 - Room 2			18:15	FÚTBOL - SOCCER 90' Campo Fútbol - Soccer Field	FULL FITNESS 60' Sala 2 - Room 2	CYCLo INDOOR 45' Sala 4 - Room 4		ATHLETIK 60' Sala 2 - Room 2
9:45					FULL CIRCUIT 30' Omnia		18:30	BODY PUMP 45' Sala 2 - Room 2				BEP 30' Sala 3 - Room 3
10:00			CORE 15' Sala 2 - Room 2			SPECIAL CLASS 45' Sala 2 - Room 2	18:45	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		19:00	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		19:15	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	
10:45	GLÚTEOS 30' Sala 2 - Room 2						19:30			BODY PUMP 45' Sala 2 - Room 2	GAP 45' 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	19:45				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	20:00		CYCLo INDOOR 45' Sala 4 - Room 4		CYCLo INDOOR 45' Sala 4 - Room 4	CYCLo INDOOR 45' Sala 4 - Room 4
12:00		STRETCHING MIOPASCIAL 15' Sala 2 - Room 2					20:15					ZUMBA 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		20:30		ATHLETIK 45' Sala 2 - Room 2	FÚTBOL - SOCCER 75' Campo Fútbol - Soccer Field	VOLEIBOL VOLLEYBALL 60' Volley Arena - Sand Volley	
13:45			CORE 15' Sala 2 - Room 2				20:45	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		20:55	ATHLETIK 45' Sala 2 - Room 2	VOLEIBOL VOLLEYBALL 60' Volley Arena - Sand Volley		ESTILOS 60' Sala 3 - Room 3	
15:30	ATHLETIK 45' Sala 2 - Room 2	BODY COMBAT 45' Sala 2 - Room 2	ELEMENTS 45' Sala 3 - Room 3	BODY PUMP 45' Sala 2 - Room 2	HIIT 30' Sala 3 - Room 3			CYCLo INDOOR 45' Sala 4 - Room 4				
16:00				CORE 30' Sala 3 - Room 3			19:30			BODY COMBAT 45' Sala 2 - Room 2	ATHLETIK 45' Sala 2 - Room 2	
16:15			GLÚTEOS 30' Sala 2 - Room 2		BODY COMBAT 45' Sala 2 - Room 2		19:45	AQUAFIT 45' Piscina - Pool	FITNESS SALUD HEALTHY FITNESS 45' Omnia	AQUAFIT 45' Piscina - Pool		FITNESS SALUD HEALTHY FITNESS 45' Omnia
16:30	BEP 30' Sala 3 - Room 3	CORE 30' Sala 2 - Room 2		BODY COMBAT 45' Sala 2 - Room 2			20:00		ESTILOS 60' Sala 3 - Room 3			AQUAFIT 45' Piscina - Pool
16:45				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		
17:00			CORE 30' Sala 2 - Room 2				20:30				GLÚTEOS 30' Sala 3 - Room 3	
17:15	BODY COMBAT 45' Sala 2 - Room 2	BEP 30' Sala 2 - Room 2					20:45			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		20:55			SALSA & BACHATA 55' NIVEL 2 - LEVEL 2 Sala 3 - Room 3		



