

Horario clases dirigidas

Fitness Class Schedule



RAFA NADAL
CLUB

	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	PRE-NATAL 45' Omnia					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 MIOFASCIAL 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			GAP 45' Sala 3 - Room 3		20:45			BEP 30' Sala 2 - Room 2		
							20:55			SALSA & BACHATA 55' NIVEL 2 - LEVEL 2 Sala 3 - Room 3		



