

Horario clases dirigidas

Fitness Class Schedule



	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
7:15	ATHLETIK 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	
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	
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	AQUAFIT 45' Piscina · Pool	AQUAFIT 45' Piscina · Pool	AQUAFIT 45' Piscina · Pool	AQUAFIT 45' Piscina · Pool	AQUAFIT 45' Piscina · Pool	
10:00					FULL CIRCUIT 30' Omnia	
10:15	FULL CIRCUIT 30' Omnia		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	
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		CORE 30' Sala 2 · Room 2		PRE-NATAL 60' Omnia		ESPALDA SANA HEALTHY BACK 30' Sala 2 · Room 2
12:00		STRETCHING MIOFASCIAL 15' Sala 2 · Room 2				
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	
13:45			CORE 15' 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 45' Sala 2 · Room 2	BOXING 45' Sala 2 · Room 2	ELEMENTS 45' Sala 3 · Room 3	BODY PUMP 45' Sala 2 · Room 2	HIIT 30' Sala 3 · Room 3	
16:00				CORE 30' Sala 3 · Room 3		
16:15			GLÚTEOS 30' Sala 2 · Room 2		BOXING 45' Sala 2 · Room 2	
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 3 · Room 3	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	
17:45	GLÚTEOS 30' Sala 3 · Room 3	ELEMENTS 30' Sala 3 · Room 3		ELEMENTS 30' Sala 3 · Room 3	
17:55	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	FULL CIRCUIT 30' Omnia	ATHLETIK 45' Sala 2 · Room 2
18:00	FÚTBOL · SOCCER 90' Campo Fútbol · Soccer Field	FULL FITNESS 60' Sala 2 · Room 2	CYCLO INDOOR 45' Sala 4 · Room 4		BEP 30' Sala 3 · Room 3
18:15	BODY PUMP 45' Sala 2 · Room 2				
	ZUMBA 45' Sala 3 · Room 3	CORE 30' Sala 3 · Room 3			
	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
18:45				ZUMBA 45' Sala 3 · Room 3	
19:00		ATHLETIK 45' Sala 2 · Room 2	FÚTBOL · SOCCER 75' Campo Fútbol · Soccer Field	VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Volley	
19:15	FULL TONO 45' Sala 3 · Room 3	ZUMBA 45' Sala 3 · Room 3	FULL TONO 45' Sala 3 · Room 3		
	ATHLETIK 45' Sala 2 · Room 2	VOLEIBOL VOLLEYBALL 60' Volley Arena · Sand Volley		ESTILOS 60' Sala 3 · Room 3	
	CYCLO INDOOR 45' Sala 4 · Room 4				
19:30			BODY COMBAT 45' Sala 2 · Room 2	ATHLETIK 45' Sala 2 · Room 2	
				FITNESS SALUD HEALTHY FITNESS 45' Omnia	
19:45	AQUAFIT 45' Piscina · Pool	FITNESS SALUD HEALTHY FITNESS 45' Omnia	AQUAFIT 45' Piscina · Pool		AQUAFIT 45' Piscina · Pool
		ESTILOS 60' Sala 3 · Room 3			
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		
20:15				GLÚTEOS 30' Sala 3 · Room 3	
20:30			BEP 30' Sala 2 · Room 2		
20:55			SALSA & BACHATA 55' NIVEL 2 · LEVEL 2 Sala 3 · Room 3		