

Horario clases dirigidas



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	ATHLETIK 45' (S2)	FULL TONO 45' (S2)	HBX BOXING 45' (S2)	GAP 45' (S2)	BODY PUMP 45' (S2)		
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		
8:15	GAP 45' (S2)	CYCLD INDOOR 45' (S4)	FULL TONO 45' (S2)	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)		
	GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		
9:15	BODY COMBAT 45' (S2)		CYCLD INDOOR 45' (S4)		FULL FITNESS 60' (S2)		BODY PUMP 45' (VIRTUAL - S3)
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
9:30	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)		
		BODY PUMP 45' (S2)		BODY PUMP 45' (S2)	FULL CIRCUIT 30' (OM)		
10:00						SPECIAL CLASS 45' (S2)	
10:15	FULL CIRCUIT 30' (OM)		FULL CIRCUIT 30' (OM)		GLÚTEOS 30' (S2)		BODY COMBAT 45' (VIRTUAL - S3)
10:30	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)		
10:45	GLÚTEOS 30' (S2)		BODY COMBAT 45' (S2)				
	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
11:00		INICIACIÓN PÁDEL 60' (P. ES CENTRE)	INICIACIÓN PÁDEL 60' (P. ES CENTRE)	INICIACIÓN PÁDEL 60' (P. ES CENTRE)		GAP 30' (S2)	
11:15							BODY BALANCE 45' (VIRTUAL - S3)
11:30						ESPALDA SANA 30' (S2)	
12:15	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
						BODY COMBAT 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)
13:15	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
						BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)
13:30	GAP 45' (S2)	FULL TONO 45' (S2)	CORE 15' (S2)	ATHLETIK 45' (S2)	BODY PUMP 45' (S2)		
13:45			GRIT 30' (S2)				
14:15	BODY PUMP 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)
14:30	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		
15:15	BODY PUMP 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	GROUP CYCLE (VIRTUAL - S4)	BODY BALANCE 30' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)
15:30	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)	ELEMENTS 45' (S3)	BODY PUMP 45' (S2)	GRIT 30' (S2)		
16:00				CORE 30' (S3)	STRETCHING MIOFASCIAL 30' (S2)		
					BODY PUMP 45' (VIRTUAL - S3)		
16:15	BODY BALANCE 45' (S2)	HIIT 30' (S3)	GLÚTEOS 30' (S2)			BODY COMBAT 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)
	BEP 30' (S3)		ATHLETIK 45' (S3)				
16:30		CORE 30' (S2)		HBX BOXING 45' (S2)			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
16:45	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
17:00	CORE 30' (S3)	GAP 30' (S3)	CORE 30' (S2)	CORE 30' (S3)	GAP 45' (S3)	
			GRIT 30' (S3)		HBX BOXING 45' (S2)	
17:15		ESPALDA SANA 30' (S2)				BODY PUMP 45' (VIRTUAL - S3)
17:30	BODY COMBAT 45' (S2)	ELEMENTS 30' (S3)	GAP 45' (S2)	ELEMENTS 30' (S3)		BODY COMBAT 45' (VIRTUAL - S3)
	GLÚTEOS 30' (S3)			FULL TONO 45' (S2)		
17:45	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		
			ZUMBA 45' (S3)			
18:00	CYCLD INDOOR 45' (S4)	FULL FITNESS 60' (S2)			X-TIME 60' (S2/S3)	
18:15	ZUMBA 45' (S3)	CORE 30' (S3)		ZUMBA 60' (S3)		BODY BALANCE 45' (VIRTUAL - S3)
		CYCLD INDOOR 45' (S4)		CYCLD INDOOR 45' (S4)	CYCLD INDOOR 45' (S4)	
18:30	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		
	BODY PUMP 60' (S2)		BODY PUMP 45' (S2)	GAP 45' (S2)		
	FÚTBOL (CAMPO FÚTBOL 7)		REGUETÓN 45' (S3)			
			CYCLD INDOOR 45' (S4)			
19:00	CYCLD INDOOR 45' (S4)	ATHLETIK 45' (S2)	FÚTBOL 60' (CF)	ESTILOS 60' (S3)	ZUMBA 45' (S3)	
	FULL TONO 45' (S3)	ZUMBA 45' (S3)				
19:15		FUNNY VOLEIBOL 60' (VP)	FULL TONO 45' (S3)	FUNNY VOLEIBOL 60' (VP)	BODY BALANCE 45' (S2)	
				ESPALDA SANA 45' (OM)		BODY PUMP 45' (VIRTUAL - S3)
		GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
19:30	ATHLETIK 45' (S2)		BODY COMBAT 45' (S2)	ATHLETIK 45' (S2)		
			CYCLD INDOOR 45' (S4)			
19:45	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S3)	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S3)	AQUAFIT 45' (PISC)	
					GLÚTEOS 30' (S3)	
20:00	ESTILOS 60' (S3)	BODY PUMP 45' (S2)	SALSA & BACHATA NIVEL 1 60' (S3)			
20:15	GROUP CYCLE (VIRTUAL - S4)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		STRETCHING MIOFASCIAL 30' (S3)	
	FULL CIRCUIT 30' (OM)		GLÚTEOS 30' (S2)	GRIT 30' (S2)		
20:30	CORE 30' (S3)					
20:45		BODY PUMP 45' (VIRTUAL - S3)				
21:00			SALSA & BACHATA NIVEL 2 60' (S3)		BODY PUMP 45' (VIRTUAL - S3)	

S2 SALA 2 S3 SALA 3 S4 SALA 4 PISC PISCINA 25M SF SALA FITNESS OM SALA OMNIA CF CAMPO FÚTBOL

VP VOLLEY PLAYA* PP PISTA PÁDEL* PO PISCINA OUTDOOR* *En caso de lluvia la clase puede suspenderse

