

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)	CYCLo 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)		CYCLo INDOOR 45' (S4)		FULL FITNESS 60' (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)
9:30	AQUAFIT 45' (PISC)	AQUAFIT 45' (S2)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)	AQUAFIT 45' (PISC)		BODY COMBAT 45' (VIRTUAL - S3)
		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)		
10:30	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S2)	AQUAFIT 45' (PISC)		BODY PUMP 45' (VIRTUAL - S3)
		INICIACIÓN PÁDEL 60' (P. ES CENTRE)	INICIACIÓN PÁDEL 60' (P. ES CENTRE)	INICIACIÓN PÁDEL 60' (P. ES CENTRE)			
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						GAP 30' (S2)	
11:30						ESPALDA SANA 30' (S2)	BODY BALANCE 45' (VIRTUAL - S3)
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)	
12:30							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)	
13:30	GAP 45' (S2)	FULL TONO 45' (S2)	CORE 15' (S2)	ATHLETIK 45' (S2)	BODY PUMP 45' (S2)		BODY COMBAT 45' (VIRTUAL - S3)
13:45			GRIT 30' (S2)				
	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 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)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)
14:45	BODY PUMP 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)	BODY COMBAT 45' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)		
15:15	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)
15:30	ATHLETIK 45' (S2)	HBX BOXING 45' (S2)	ELEMENTS 45' (S3)	BODY PUMP 45' (S2)	GRIT 30' (S2)	BODY PUMP 30' (VIRTUAL - S3)	BODY PUMP 45' (VIRTUAL - S3)
15:45					BODY PUMP 45' (VIRTUAL - S3)		
16:00				CORE 30' (S3)	STRETCHING MIOFASCIAL 30' (S2)	BODY COMBAT 30' (VIRTUAL - S3)	
16:15	BODY BALANCE 45' (S2)	HIIT 30' (S3)	GLÚTEOS 30' (S2)				
	BEP 30' (S3)		ATHLETIK 45' (S3)				
16:30		CORE 30' (S2)		HBX BOXING 45' (S2)		BODY BALANCE 30' (VIRTUAL - S3)	BODY BALANCE 45' (VIRTUAL - S3)

	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)	
17:15			GRIT 30' (S3)		HBX BOXING 45' (S2)	
17:30	BODY COMBAT 45' (S2)	ELEMENTS 30' (S3)	GAP 45' (S2)	ELEMENTS 30' (S3)		BODY COMBAT 45' (VIRTUAL - S3)
17:45	GLÚTEOS 30' (S3)			FULL TONO 45' (S2)		
18:00	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		
18:15	ZUMBA 45' (S3)	CORE 30' (S3)		ZUMBA 60' (S3)		
18:30		CYCLo INDOOR 45' (S4)		CYCLo INDOOR 45' (S4)	CYCLo INDOOR 45' (S4)	
19:00	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		BODY PUMP 45' (VIRTUAL - S3)
19:15	BODY PUMP 60' (S2)		BODY PUMP 45' (S2)	GAP 45' (S2)		
19:30	FÚTBOL (CAMPO FÚTBOL 7)		REGUETÓN 45' (S3)			
19:45			CYCLo INDOOR 45' (S4)			
20:00	CYCLo INDOOR 45' (S4)	ATHLETIK 45' (S2)	FÚTBOL 60' (CF)	ESTILOS 60' (S3)	ZUMBA 45' (S3)	
20:15	FULL TONO 45' (S3)	ZUMBA 45' (S3)				
20:30		FUNNY VOLEIBOL 60' (VP)	FULL TONO 45' (S3)	FUNNY VOLEIBOL 60' (VP)	BODY BALANCE 45' (S2)	
20:45				ESPALDA SANA 45' (OM)		
21:00		GROUP CYCLE (VIRTUAL - S4)		GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)	GROUP CYCLE (VIRTUAL - S4)
21:15	ATHLETIK 45' (S2)		BODY COMBAT 45' (S2)	ATHLETIK 45' (S2)		BODY BALANCE 45' (VIRTUAL - S3)
21:30			CYCLo INDOOR 45' (S4)			
21:45	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S3)	AQUAFIT 45' (PISC)	FITNESS SALUD 45' (S3)	AQUAFIT 45' (PISC)	
22:00					GLÚTEOS 30' (S3)	
22:15	ESTILOS 60' (S3)	BODY PUMP 45' (S2)	SALSA & BACHATA NIVEL 1 60' (S3)			
22:30	GROUP CYCLE (VIRTUAL - S4)	FULL CIRCUIT 30' (OM)	FULL CIRCUIT 30' (OM)		STRETCHING MIOFASCIAL 30' (S3)	
22:45	FULL CIRCUIT 30' (OM)		GLÚTEOS 30' (S2)	GRIT 30' (S2)		
23:00	CORE 30' (S3)					
23:15		BODY BALANCE 45' (VIRTUAL - S3)				
23:30			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

