LUNES

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00	Pump 30' CRISTIAN					
07:30	C. HIIT CRISTIAN					
08:00				HYROX CRISTIAN		
08:30						
09:00		Pilats PABLO				
09:30	CIRCUITO FRAN					
10:00	GAP FRAN	Pilats CRISTIAN				
10:30				ELIP. FRAN		
11:00	Body Pump CRISTIAN					
11:30			CICLO 60 FRAN	HYROX BRUNO		
12:00						
12:30						
13:00						
13:30						
14:00						
14:30	Abdom FRAN					
15:00					CIRCUITO FRAN	
15:30			CICLO 60 FRAN			
16:00						
16:30				HYROX SG ALBERTO M.		
17:00						
17:30						
18:00				HYROX RAMÓN	TRX PAULA V.	
18:30	Zumba PAULA V.					BJJ ALEX
19:00			CICLO 45' IVÁN MATA			
19:30	GAP PAULA V.			HYROX RAMÓN		
20:00	ELIP. PAULA V.	YOGA SANTI	CICLO 60 FRAN	HYROX ROI	Boxeo LUIS	
20:30	Body Pump YESS					
21:00						
21:30		Pilats PAULA V.	CICLO 45' ROI	HYROX ALBERTO D.		
22:00						
22:30						

MARTES

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00						
07:30						
08:00			CICLO 45' CRISTIAN			
08:30						
09:00						
09:30	GAP FRAN					
10:00		YOGA MIRIAM	C. HIIT FRAN			
10:30	Abdom FRAN					
11:00				HYROX CRISTIAN		
11:30						
12:00						BJJ MANU
12:30						
13:00						
13:30						
14:00						
14:30						
15:00				HYROX BRUNO		
15:30			Ciclo virtual VIRTUAL			
16:00				HYROX RAMÓN		
16:30			Ciclo virtual VIRTUAL			
17:00						
17:30		Pilats CRISTIAN		HYROX ALBERTO D.		
18:00		Pilats MIRIAM		HYROX PABLO	TRX CRISTIAN	
18:30	ELIP. CRISTIAN		C. HIIT IVÁN MATA			
19:00	GAP PAULA V.	YOGA MIRIAM	CICLO 45' IVÁN MATA	HYROX CRISTIAN		KICK-BOXING LUIS
19:30	ELIP. PAULA V.					
20:00	Body Pump PAULA V.	Pilats IVÁN PER.	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		
20:30	CIRCUITO YESS					BJJ ALEX
21:00						
21:30		Pilats PAULA V.		HYROX ALBERTO D.		
22:00						
22:30						

MIERCOLES

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00	Pump 30' CRISTIAN					
07:30	C. HIIT CRISTIAN					
08:00				HYROX CRISTIAN		
08:30						
09:00		Pilats PABLO				
09:30	CIRCUITO FRAN					
10:00		Pilats CRISTIAN	CICLO 60 FRAN			
10:30						
11:00	Body Pump CRISTIAN	Abdom FRAN				
11:30				HYROX BRUNO		
12:00						
12:30						
13:00						
13:30						
14:00						
14:30						
15:00					TRX FRAN	
15:30			CICLO 60 FRAN			
16:00						
16:30				HYROX SG ALBERTO M.		
17:00						
17:30						
18:00		C. HIIT FRAN		HYROX RAMÓN		BJJ ALEX
18:30	Zumba PAULA V.				TRX FRAN	
19:00			CICLO 45' IVÁN MATA			
19:30				HYROX RAMÓN		
20:00	LMCORE YESS	YOGA SANTI	CICLO 60 FRAN	HYROX ROI	Boxeo LUIS	
20:30	Body Pump YESS					
21:00						
21:30		Pilats PAULA V.		HYROX ALBERTO D.		
22:00			CICLO 45' ROI			
22:30						

JUEVES

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00						
07:30						
08:00			Body Pump CRISTIAN			
08:30						
09:00						
09:30					TRX FRAN	
10:00		YOGA MIRIAM	CICLO 60 FRAN			
10:30						
11:00				HYROX CRISTIAN		
11:30						
12:00						NOGI ALEX
12:30						
13:00						
13:30						
14:00						
14:30						
15:00				HYROX BRUNO		
15:30			Ciclo virtual VIRTUAL			
16:00				HYROX RAMÓN		
16:30			Ciclo virtual VIRTUAL			
17:00						
17:30		Pilats CRISTIAN		HYROX ALBERTO D.		
18:00		Pilats MIRIAM		HYROX PABLO	TRX CRISTIAN	
18:30	ELIP. CRISTIAN		C. HIIT IVÁN MATA			
19:00	CIRCUITO CRISTIAN	YOGA SANTI	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		KICK-BOXING LUIS
19:30	LMCORE CRISTIAN					
20:00	Body Pump PAULA V.	Pilats IVÁN PER.	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		
20:30	CIRCUITO YESS					BJJ ALEX
21:00						
21:30		Pilats PAULA V.		HYROX ROI		
22:00						
22:30						

VIERNES

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00						
07:30						
08:00	CICLO 45' CRISTIAN					
08:30						
09:00						
09:30				CIRCUITO CRISTIAN		
10:00	Body Pump CRISTIAN					
10:30						
11:00						
11:30		Pilats CRISTIAN	CICLO 60 FRAN	HYROX BRUNO		
12:00						BJJ MANU
12:30						
13:00						
13:30						
14:00						
14:30						
15:00				CIRCUITO CRISTIAN		
15:30	Body Pump CRISTIAN					
16:00						
16:30			C. HIIT CRISTIAN			
17:00				HYROX SG ALBERTO M.		
17:30						
18:00	Zumba PAULA V.	Pilats MIRIAM		HYROX ROI		
18:30						NOGI ALEX
19:00	Body Pump PAULA V.	YOGA MIRIAM		HYROX ROI		
19:30						
20:00				HYROX ROI		
20:30						
21:00						Boxeo LUIS
21:30						
22:00						
22:30						

SABADO

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00						
07:30						
08:00						
08:30						
09:00						
09:30				HYROX ALBERTO M.		
10:00			CICLO 45' ARACELI			
10:30						
11:00	Body Pump ARACELI					
11:30						
12:00						
12:30			CICLO 45' ARACELI			
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00				HYROX ALBERTO M.		
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						
22:00						
22:30						

DOMINGO

HORA	Fitness 1	Fitness 2	Fitness SPIN.	Fitness ELIP.	FITNESS-MMA SACOS	FITNESS-MMA TATAMI
07:00						
07:30						
08:00						
08:30						
09:00						
09:30						
10:00						
10:30				HYROX PABLO		
11:00	Body Pump PABLO					
11:30						
12:00						
12:30			CICLO 60 PABLO			
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00						
19:30						
20:00						
20:30						
21:00						
21:30						
22:00						
22:30						