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 CRISTIAN					
10:00	GAP PABLO	Pilats CRISTIAN				
10:30				ELIP. PABLO		
11:00	Body Pump CRISTIAN		CICLO 60 PABLO	HYROX BRUNO		
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30	Abdom CRISTIAN					
15:00					CIRCUITO PAULA V.	
15:30			CICLO 60 PABLO			
16:00						
16:30						
17:00				HYROX ALBERTO D.		
17:30						
18:00				HYROX RAMÓN	TRX PAULA V.	BJJ ALEX
18:30	Zumba PAULA V.					
19:00			CICLO 45' IVÁN MATA			
19:30	GAP PAULA V.			HYROX RAMÓN		
20:00	ELIP. PAULA V.	YOGA SANTI	CICLO 60 PABLO	HYROX ROI	Boxeo LUÍS	
20:30	Body Pump YESS					
21:00		Pilats PAULA V.		HYROX ALBERTO D.		
21:30			CICLO 45' ROI			
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 CRISTIAN					
10:00		YOGA MIRIAM	C. HIIT PABLO			
10:30	Abdom PABLO					
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 YESS		
16:30			Ciclo virtual VIRTUAL			
17:00		Pilats CRISTIAN				
17:30				HYROX ALBERTO D.		
18:00					TRX CRISTIAN	
18:30	ELIP. CRISTIAN	Pilats MIRIAM	C. HIIT IVÁN MATA	HYROX PABLO		
19:00	GAP PAULA V.					KICK-BOXING LUÍS
19:30	ELIP. PAULA V.	YOGA MIRIAM	CICLO 45' IVÁN MATA	HYROX CRISTIAN		
20:00	Body Pump PAULA V.	Pilats IVÁN PER.	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		BJJ ALEX
20:30						
21:00	CIRCUITO YESS					
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 CRISTIAN					
10:00		Pilats CRISTIAN	CICLO 60 PABLO			
10:30						
11:00	Body Pump CRISTIAN	Abdom PABLO		HYROX BRUNO		
11:30						
12:00						
12:30						
13:00						
13:30						
14:00						
14:30					CIRCUITO CRISTIAN	
15:00					TRX PAULA V.	
15:30			CICLO 60 PABLO			
16:00						
16:30						
17:00				HYROX ALBERTO D.		
17:30						
18:00			C. HIIT PABLO	HYROX RAMÓN	TRX PABLO	BJJ ALEX
18:30						
19:00	Zumba PAULA V.		CICLO 45' IVÁN MATA	HYROX RAMÓN		
19:30						
20:00	LMCORE YESS	YOGA SANTI	CICLO 60 PABLO	HYROX ROI	Boxeo LUÍS	
20:30	Body Pump YESS					
21:00		Pilats PAULA V.		HYROX ALBERTO D.		
21:30			CICLO 45' ROI			
22:00						
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 CRISTIAN	
10:00		YOGA MIRIAM	CICLO 60 PABLO			
10:30						
11:00				HYROX CRISTIAN		
11:30						
12:00						NOGI ALEX
12:30						
13:00						
13:30						
14:00						
14:30				HYROX BRUNO		
15:00			Ciclo virtual VIRTUAL			
15:30						
16:00				HYROX RAMÓN		
16:30			Ciclo virtual VIRTUAL			
17:00		Pilats CRISTIAN				
17:30				HYROX ALBERTO D.		
18:00					TRX CRISTIAN	
18:30	ELIP. CRISTIAN	Pilats MIRIAM	C. HIIT IVÁN MATA	HYROX PABLO		
19:00	CIRCUITO CRISTIAN					KICK-BOXING LUÍS
19:30	LMCORE CRISTIAN	YOGA SANTI	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		
20:00	Body Pump PAULA V.	Pilats IVÁN PER.	CICLO 45' IVÁN MATA	HYROX ALBERTO D.		BJJ ALEX
20:30						
21:00	CIRCUITO YESS					
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	CICLO 45' CRISTIAN					
07:30						
08:00						
08:30						
09:00						
09:30				CIRCUITO CRISTIAN		
10:00	Body Pump CRISTIAN					
10:30						
11:00		Pilats CRISTIAN	CICLO 60 IVÁN MATA	HYROX BRUNO		
11:30						
12:00						BJJ MANU
12:30						
13:00						
13:30						
14:00						
14:30						
15:00				CIRCUITO CRISTIAN		
15:30						
16:00	Body Pump CRISTIAN					
16:30						
17:00			C. HIIT CRISTIAN			
17:30						
18:00						
18:30	Zumba PAULA V.	Pilats MIRIAM		HYROX ROI		
19:00						NOGI ALEX
19:30	Body Pump PAULA V.	YOGA MIRIAM		HYROX ROI		
20:00						
20:30				HYROX ROI		
21:00						Boxeo LUÍS
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						
10:00				HYROX ALBERTO M.		
10:30			CICLO 45' ARACELI			
11:00						
11:30	Body Pump ARACELI					
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						
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						
11:30	Body Pump PABLO					
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						