

HORARIOS DE CLASES GIMNASIO

LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY
08.00 - 09.00 HYROX	08.00 - 09.00 Híbrido	08.00 - 09.00 HYROX	08.00 - 09.00 Híbrido	08.00 - 09.00 HYROX	08.00 - 09.00 HYROX
09.00 - 09.45 Aquagym	09.00 - 09.45 Aquagym	09.00 - 09.45 Aquagym	09.00 - 09.45 Aquagym	09.00 - 09.45 Aquagym	09.00 - 09.45 Aquagym
09.15 - 10.15 HYROX	10.00 - 10.45 G.A.P	09.15 - 10.00 Fit-Pilates Intermedio	10.00 - 10.45 Baile Bachata	10.00 - 10.45 TRX	10.00 - 11.00 Yoga
10.00 - 10.45 Circuit Training	11.00 - 11.45 Body Brain	09.15 - 10.15 HYROX	10.00 - 10.45 Ciclo Indoor + Abs	11.00 - 11.45 Yoga Kundalini	13.00 - 13.45 Aquagym
10.00 - 10.45 Baile Mixto (Interm. y Princ.)	11.00 - 12.00 Híbrido	10.00 - 10.45 Upper-Body	11.00 - 11.45 Baile Mixto (Interm. y Princ.)	11.00 - 12.00 HYROX	
11.00 - 11.45 Pilates	15.00- 15.45 Aquagym	11.00 - 11.45 Pilates	11.00 - 12.00 Híbrido	15.00 - 15.45 Aquagym	
11.00 - 12.00 HYROX	17.00 - 17.45 Pilates	11.00 - 12.00 HYROX	17.00 - 17.45 Pilates	17.00 - 18.00 Híbrido	
12:00 - 12:45 Baile Bachata	18.00 - 19.00 HYROX	17.00 - 18.00 Híbrido	18.00 - 19.00 HYROX	18.00 - 18.45 Body Sculpt	
17.00 - 18.00 Híbrido	18.00 - 18.45 G.A.P	18.00 - 19.00 Híbrido	18.00 - 18.45 G.A.P	19.00 - 19.45 Aquagym	
18.00 - 18.45 Aquagym	19.00 - 19.45 Ciclo Indoor	18.00 - 18.45 Upper body + Abs	19.00 - 20.00 HYROX	19.00 - 19.45 Baile Mixto (Interm. y Princ.)	
18.00 - 18.45 Body Sculpt	19.00 - 19.45 Aquagym	19.00 - 19.45 Ciclo Indoor	19.00 - 19.45 Ciclo Indoor	20.00 - 20.45 Stretching	
19.00 - 19.45 Ciclo Indoor	19.00 - 20.00 HYROX	19.15 - 20.00 Aqua-Pilates	19.15 - 20.00 Aquagym		
19.00 - 19.45 Baile salsa avanzado	20.00 - 20.45 Baile salsa Principiante	20.00 - 20.45 Yoga Kundalini	19.00 - 19.45 Baile Salsa Avanzado		
19.00 - 19.45 Aquagym			20.00 - 20.45 Baile Salsa Principiante		
19.00 - 20.00 Híbrido					

CLASES
HYROX / HÍBRIDO

Suplemento adicional de 15€/mes
para socios.
Additional payment of €15/month
for members.

