

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:00	LES MILLS RPM 50'			LES MILLS RPM 50'		
6:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
6:00				DILATES 50'		
7:00	TODO terreno 50'	montaña 50'	RUTA 50'		50'	
7:00		LES MILLS CXWORX 50'		LES MILLS CXWORX 50'		
7:00	DILATES 50'	FUNCTIONAL RUN CUM 60'	DILATES 50'	FUNCTIONAL RUN UIO 60'	YOGA 50'	
7:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
8:00			Gap 50'	DILATES 50'		
8:00	YOGA 50'		POWER JUMP 50'	Gap 50'	LES MILLS CXWORX 50'	
8:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
9:00	FULL BODY 50'	YOGA 50'	CYCLING 50'		BALANCE 50'	
9:00	circuit training 50'	HIIT 50'	HIIT 50'	GLUTE ABS 50'	BARRE 50'	
9:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'
9:00		DILATES 50'			DILATES 50'	

17:00	CARDIO 50'	LES MILLS RPM 50'	Gap 50'	RUTA 50'		
17:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	
17:00	DILATES 50'	circuit training 50'	PROBOX 50'	LES MILLS BODYCOMBAT 50'		
17:00	DILATES 50'				DILATES 50'	
18:00			montaña 50'	TODO terreno 50'		
18:00	LES MILLS BODYPUMP 50'	Gap 50'	LES MILLS BODYPUMP 50'	ABS 50'		
18:00	Baile 50'	LES MILLS BODYCOMBAT 50'	Baile 50'	Baile 50'	GRIT 50'	
18:00		DILATES 50'		YOGA 50'		
18:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	
19:00	TODO terreno 50'		RUTA 50'			
19:00			YOGA 50'	CYCLING 50'		
19:00	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	BIO FUNCTIONAL 50'	

JARDÍN BOTÁNICO

SALA FITNESS GRUDAL

SALA PHISYCLE

SALA TATAMI

BIO FUNCTIONAL

OUTDOORS

PHISIQUE ONLINE