

julio	Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday
08.45-09.30	Fit-Ball		GAP	Ciclismo Indoor	Pilates	
10.30-11.30	Total Body	Cardio Box	Total Body	GAP	Fit-Ball	
10.30-11.30		Aqua Aerobic		Aqua Aerobic		
11,30.12,30						Ciclismo Indoor
14.15-15.00	GAP	Yogalates	Aqua fitness	Yogalates	Aqua fitness	
15.45-16.30						
17.15-18.30	Kundalini yoga		Kundalini yoga			Kick-Boxing
18.30-19.15						yoga dinamico
18.30-19.30	Fit-Ball & Pilates	Total Body	Ciclismo Indoor	Fit-Ball	GAP	
19.30-20.30	Step-Tone	Ciclismo Indoor	Step	Step-Tone	Ciclismo Indoor	
20.30-21.30	Cardio Box	Pilates	Stretching	Pilates	Global Balance	

Para las clases de Spinning rogamos reserve su bicicleta con antelación en la recepción del Gimnasio

For Spinning classes please reserve your bike in advance at the Fitness Reception

Minimo 3 personas por clase / Minimum 3 people per class