

Marzo March	Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday
08.45-09.30	Body Tone		GAP	Ciclismo Indoor	Pilates	Body Tone
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	Cardio Belly Dance	Yogalates	Aqua fitness	Yogalates	Aqua fitness	
15.45-16.30	Ciclismo Indoor			Total Body		
17.15-18.30	Kundalini Yoga		Kundalini Yoga			
18.00-18.30						GAP
18.30-19.30	Fit-Ball & Pilates	Total Body	Ciclismo Indoor	Fit-Ball	GAP	Stretching 30min
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

Mínimo 3 personas por clase / Minimum 3 people per class