

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	S3 45' CICLO INDOOR JUAN CARLOS	S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 45' CICLO INDOOR ALVARO	S3 45' CICLO INDOOR ANA	S3 45' CICLO INDOOR ISMAEL		
08:00		S8 TRX 30' JUAN CARLOS	S1 GUN-EX 30' JUAN CARLOS	S8 TRX 30' JUAN CARLOS			
08:30	S1 GIMNASIA ACTIVA 45' SONIA		S8 TRX 30' ALVARO	S2 GIMNASIA ACTIVA 45' SONIA			
09:00	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA	S1 ESPALDA SANA SONIA	S5 PILATES MATWORK ELENA	S5 PILATES MATWORK ELENA		
09:15	S1 GIMNASIA ACTIVA 45' SONIA	S1 GIMNASIA ACTIVA SONIA		S2 GIMNASIA ACTIVA 45' SONIA			
09:30	S1 DANCE ANA	S2 FUNCTIONAL TRAINING ALVARO	S2 TOTAL TRAINING ANA	BOX FUNCTIONAL TRAINING (45min) PABLO	S2 TOTAL TRAINING ISMAEL		
09:30	PS RUNNING AGUA LIDIA	S4 HIPOPRESIVOS ABS (30m) CRISTINA	PS CIRCUIT AGUA CARLOS		PS RUNNING AGUA DANIEL		
09:30	S6 REFORMER PILATES BONOS CRISTINA	SA DEFENSA 1H 30' FERNANDO M		SA DEFENSA 1H 30' FERNANDO M	S6 REFORMER PILATES BONOS CRISTINA		
09:30	S3 CICLO INDOOR C.VIRTUAL		S6 REFORMER PILATES BONOS CRISTINA	S1 DANCE IT ANA			
10:00	S4 YOGA HATHA REBECA	S6 REFORMER PILATES BONOS TERE		S6 REFORMER PILATES BONOS CRISTINA	S4 YOGA HATHA CAROLA	S5 YOGA HATHA INTENSO 90' IGISELLE	
10:15	S5 ESPALDA ESCUELA SONIA		S1 ESPALDA SANA SONIA	S5 ESPALDA ESCUELA SONIA			
10:30	S2 PUMP BODY PABLO	S2 GIMNASIA ACTIVA SONIA	S2 PUMP BODY PABLO	S2 GUN-EX 45' ANA			
10:30	S6 REFORMER PILATES BONOS CRISTINA	S1 BALANCE BODY PABLO	S6 REFORMER PILATES BONOS CRISTINA		S1 BALANCE BODY PABLO		
10:30		S3 CICLO INDOOR ALVARO	S3 CICLO INDOOR ANA	S3 CICLO INDOOR PABLO	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ALVARO	S3 CICLO INDOOR ISMAEL
10:40					S5 HIPOPRESIVOS ABS (50m) CRISTINA		
11:00		S6 REFORMER PILATES BONOS CRISTINA		S6 REFORMER PILATES BONOS CRISTINA		S1 ZUMBA FITNESS ANDRES	
11:15	S5 ESPALDA ESCUELA SONIA			S5 ESPALDA ESCUELA SONIA			
11:30						S2 PUMP BODY ALVARO	S2 TOTAL TRAINING ISMAEL
12:00						S1 ZUMBA FITNESS ANDRES	
12:00						S3 VIRTUAL CICLO INDOOR C.VIRTUAL	S3 VIRTUAL CICLO INDOOR C.VIRTUAL
12:30							
12:40						S2 30' ABD FERNANDO	
14:00	S2 30' ABD ISMAEL	S6 REFORMER PILATES BONOS DANI	S2 30' ABD ISMAEL				
14:15							
14:15	PS TRIATLON 1H 30'		PS TRIATLON 1H 30'	OUT TRIATLON ATLETISMO 1H 30' TERE			
14:30	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ANA	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ISMAEL	S5 BALANCE BODY ANA		
14:30	OUT CLUB CORREDOR TERESA	S2 CIRCUIT TRAINING ISMAEL	OUT CLUB CORREDOR TERESA	S2 PUMP BODY ANA	S3 VIRTUAL CICLO INDOOR C.VIRTUAL		
14:30	S1 COMBAT BODY ANA	PS NADADOR CLUB CARLOS	S4 YOGA PANI	PS NADADOR CLUB HORACIO			
15:30					PS TRIATLON 1H 30'		
15:30					S3 VIRTUAL CICLO INDOOR C.VIRTUAL		

LEYENDA

Coreográficas	Reformer bonos
Alta intensidad	Tonificación
Acuáticas	Terapéuticas
Aeróbicas	Tarifificación adicional
	Cuerpo y mente

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
17:30	SA KÁRATE INFANTIL FERNANDO M		SA KÁRATE INFANTIL FERNANDO M				
17:30	S5 HIOPRESIVOS ABDOMINALES (30m) FANI						
18:00	S2 30' GAP OSCAR	S3 VIRTUAL CICLO INDOOR		S1 FS RITMOS GEORGE			
18:00	S1 FS RITMOS ANA	S6 REFORMER PILATES BONOS FANI		S2 30' GAP HIT OSCAR			
18:00	S6 REFORMER PILATES BONOS FANI			S5 HIOPRESIVOS (45') CRISTINA			
18:30					S2 TRAINING FUNCIONAL FERNANDO		
18:30	SA KÁRATE JUVENIL FERNANDO M		SA KÁRATE JUVENIL FERNANDO M		SA KÁRATE JUVENIL FERNANDO M		
18:30	S2 30' ABD OSCAR			S2 30' ABD OSCAR	S5 BALANCE MOBILITY ALVARO		
18:30							
19:00	PS AQUAFIT CARLOS	S3 CICLO INDOOR ISMAEL	PS RUNNING AGUA HORACIO	S1 ZUMBA GEORGE			
19:00	S2 FUNCTIONAL TRAINING ISMAEL	S6 REFORMER PILATES BONOS FANI	S2 PUMP BODY ADRIAN	S6 REFORMER PILATES BONOS CRISTINA			
19:00	S5 PILATES MATWORK FANI	S5 PILATES MATWORK SONIA	S1 30' GAP BODY FERNANDO	S5 PILATES MATWORK ELENA			
19:00	S1 COMBAT BODY ANA	S2 EXTREME TRAINING ADRIAN	S5 BALANCE BODY FANI	S2 EXTREME TRAINING ALVARO			
19:00	S4 HATHA YOGA GISELLE	S1 ZUMBA ANA	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ISMAEL			
19:00	S3 CICLO INDOOR ADRIAN		S4 VINYASA YOGA GISELLE	OUT TRIATLON	S1 ZUMBA TH 30M LINA		
19:30	SA KÁRATE ADULTOS FERNANDO M		SA KÁRATE ADULTOS FERNANDO M		SA KÁRATE ADULTOS FERNANDO M		
19:30					S3 CICLO INDOOR FERNANDO		
19:30			S1 30' ABD BODY FERNANDO		S2 45' GLUTE HIT ALVARO		
19:45	PS TRIATLON		PS TRIATLON				
20:00	S3 CICLO INDOOR ADRIAN	S3 CICLO INDOOR OSCAR	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR OSCAR			
20:00	S5 HIOPRESIVOS ABDOMINALES 45' FANI	S7 BALANCE BODY FANI	S6 REFORMER PILATES BONOS FANI	PS AQUAFIT ALEJANDRO			
20:00	S4 VINYASA YOGA 90' GISELLE	PS AQUAFIT EMILIO	S1 ZUMBA (TH) LINA	S2 PUMP BODY ALVARO			
20:00		S2 PUMP BODY ADRIAN	S5 PILATES MATWORK ELENA	SA MUAYTHAI ISMAEL			
20:00		SA BOXEO ISMAEL	S2 COMBAT BODY ADRIAN	S6 REFORMER PILATES BONOS CRISTINA			
20:00	S1 ZUMBA LINA	S5 PILATES MATWORK SONIA	S4 HATHA YOGA INTENSO 90' GISELLE				
20:00		S1 COMBAT BODY ANA					
20:15							
20:30							
21:00	S5 PILATES MATWORK FANI		S5 PILATES MATWORK FANI				

LEYENDA

Coreográficas	Reformer bonos
Alta intensidad	Tonificación
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	Cuerpo y mente



FITNESSSPORTS

Valle de las Cañas, Pozuelo

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:15	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS		
08:30							
09:30	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS	BOX FS CROSS + OPEN CROSS		
10:00						BOX FS CROSS	
10:30							
11:00						BOX FS CROSS + OPEN CROSS	
12:00							
14:30	BOX OPEN CROSS	BOX OPEN CROSS	BOX OPEN CROSS	BOX GYMNASTICS FS CROSS + OPEN	BOX OPEN CROSS		
14:30	BOX FS CROSS	BOX FS CROSS	BOX FS CROSS		BOX FS CROSS		
17:30							
18:30	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX FS CROSS + OPEN CROSS	BOX WEIGHTLIFTING FS CROSS + OPEN		
19:30	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS RX I + OPEN CROSS	BOX FS CROSS + OPEN CROSS		
20:30	BOX FS CROSS		BOX FS CROSS	BOX FS CROSS			
20:30	BOX OPEN CROSS		BOX OPEN CROSS	BOX OPEN CROSS			

FUERZA FLEXIBILIDAD RESISTENCIA

VELOCIDAD | EQUILIBRIO | COORDINACIÓN
AGILIDAD Y POTENCIA



FITNESSSPORTS

Valle de las Cañas, Pozuelo