

| | 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 ANA | S3 45' CICLO INDOOR JUAN CARLOS | 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 | S2 GIMNASIA ACTIVA 45' SONIA | | | 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 | S2 GIMNASIA ACTIVA SONIA | | S2 GIMNASIA ACTIVA 45' SONIA | | | |
| 09:30 | S2 FUNCTIONAL TRAINING ANA | S1 DANCE IT ANA | S2 TOTAL TRAINING ANA | BOX FUNCTIONAL TRAINING (45min) PABLO | S2 TOTAL TRAINING ISMAEL | | |
| 09:30 | | S4 HIPOPRESIVOS ABS (30min) INÉS | | | | | |
| 09:30 | S6 REFORMER PILATES BONOS INÉS | | | | S6 REFORMER PILATES BONOS INÉS | | |
| 09:30 | S3 CICLO INDOOR C.VIRTUAL | | S6 REFORMER PILATES BONOS INÉS | S1 DANCE IT ANA | | | |
| 10:00 | S4 YOGA HATHA REBECA | S6 REFORMER PILATES BONOS TERE | PS CIRCUIT AGUA ROTATIVO | S6 REFORMER PILATES BONOS INÉS | S4 YOGA HATHA CAROLA | S5 YOGA HATHA INTENSO 90' IGISELLE | |
| 10:15 | S5 ESPALDA ESCUELA SONIA | | S1 ESPALDA SANA SONIA | S5 ESPALDA ESCUELA SONIA | PS RUNNING AGUA ROTATIVO | | |
| 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 INÉS | S1 BALANCE BODY PABLO | S6 REFORMER PILATES BONOS INÉS | | S1 BALANCE BODY PABLO | | |
| 10:30 | PS RUNNING AGUA ROTATIVO | S3 CICLO INDOOR JUAN CARLOS | S3 CICLO INDOOR ANA | S3 CICLO INDOOR PABLO | S3 CICLO INDOOR ISMAEL | S3 CICLO INDOOR EDUARDO | S3 CICLO INDOOR EDUARDO |
| 10:40 | | | | | S5 HIPOPRESIVOS ABS (30min) INÉS | | |
| 11:00 | | S6 REFORMER PILATES BONOS INÉS | | S6 REFORMER PILATES BONOS INÉS | | S1 ZUMBA FITNESS GEORGE | |
| 11:15 | S5 ESPALDA ESCUELA SONIA | | | S5 ESPALDA ESCUELA SONIA | | | |
| 11:30 | | | | | | S2 PUMP BODY EDUARDO | S2 ENDURANCE LABI EDUARDO |
| 12:00 | | | | | | S1 ZUMBA FITNESS GEORGE | |
| 12:00 | | | | | | S3 VIRTUAL CICLO INDOOR C.VIRTUAL | S3 VIRTUAL CICLO INDOOR C.VIRTUAL |
| 12:30 | | | | | | | |
| 12:40 | | | | | | S2 30' ABD AMAIÁ | |
| 14:00 | S2 30' ABD ISMAEL | S6 REFORMER PILATES BONOS DANI | S2 30' ABD ISMAEL | | | | |
| 14:15 | PS TRIATLON 1H 30' | | PS TRIATLON 1H 30' | OUT TRIATLON ATLETISMO 1H 30' TERE | | | |
| 14:15 | | PS NADADOR CLUB ROTATIVO | | PS NADADOR CLUB ROTATIVO | | | |
| 14:30 | S3 CICLO INDOOR ISMAEL | S3 CICLO INDOOR ANA | S3 CICLO INDOOR ISMAEL | S3 CICLO INDOOR ISMAEL | S2 BALANCE BODY VIRTUAL | | |
| 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 | | S4 YOGA PANI | | S1 CIRCUIT RITUAL FERNANDO | | |
| 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 | | | | | | | |
| 17:30 | S5 HIPOPRESIVOS ABDOMINALES (30m) FANI | | | | | | |
| 18:00 | S2 30' GAP AMAIA | S3 VIRTUAL CICLO INDOOR | | S1 FS RITMOS JEIKO | | | |
| 18:00 | S1 FS RITMOS ANA | S6 REFORMER PILATES BONOS FANI | | S6 REFORMER PILATES BONOS INÉS | | | |
| 18:00 | S6 REFORMER PILATES BONOS FANI | | S2 GUN-EX 45' AMAIA | | | | |
| 18:00 | | S2 CIRCUIT TRAINING FERNANDO | | S2 30' GAP HIT FERNANDO | | | |
| 18:30 | | | | | | | |
| 18:30 | S2 30' ABD AMAIA | | | S2 30' ABD FERNANDO | S5 BALANCE MOBILITY EDUARDO | | |
| 18:30 | | | | | S2 TRAINING FUNCTIONAL FERNANDO | | |
| 19:00 | PS AQUAFIT ROTATIVO | S3 CICLO INDOOR ISMAEL | PS RUNNING AGUA ROTATIVO | S1 ZUMBA JEIKO | | | |
| 19:00 | S2 FUNCTIONAL TRAINING ISMAEL | S6 REFORMER PILATES BONOS FANI | S2 PUMP BODY EDUARDO | S6 REFORMER PILATES BONOS INÉS | | | |
| 19:00 | S5 PILATES MATWORK FANI | S5 PILATES MATWORK SONIA | S1 30' GAP BODY AMAIA | S5 PILATES MATWORK ELENA | | | |
| 19:00 | S1 COMBAT BODY ANA | S2 EXTREME TRAINING ADRIÁN | S5 BALANCE BODY FANI | S2 EXTREME TRAINING AMAIA | | | |
| 19:00 | S4 HATHA YOGA GISELLE | S1 ZUMBA ANA | S3 CICLO INDOOR ISMAEL | S3 CICLO INDOOR ISMAEL | | | |
| 19:00 | S3 CICLO INDOOR ADRIÁN | | S4 VINYASA YOGA GISELLE | OUT TRIATLON | S1 ZUMBA TH 30M LINA | | |
| 19:30 | | | | | | | |
| 19:30 | | | | | S3 CICLO INDOOR FERNANDO | | |
| 19:30 | | | S1 30' ABD BODY AMAIA | | S2 45' GLUTE HIT EDUARDO | | |
| 19:45 | PS TRIATLON | | PS TRIATLON | | | | |
| 20:00 | S3 CICLO INDOOR ADRIÁN | S3 CICLO INDOOR AMAIA | S3 CICLO INDOOR FERNANDO | S3 VIRTUAL CICLO INDOOR | | | |
| 20:00 | S5 HIPOPRESIVOS ABDOMINALES 45' FANI | S7 BALANCE BODY FANI | S6 REFORMER PILATES BONOS FANI | PS AQUAFIT ROTATIVO | | | |
| 20:00 | S4 VINYASA YOGA 90' GISELLE | PS AQUAFIT ROTATIVO | S1 ZUMBA (TH) LINA | S2 PUMP BODY AMAIA | | | |
| 20:00 | S2 PUMP BODY AMAIA | S2 PUMP BODY ADRIÁN | S5 PILATES MATWORK ELENA | SA MUAYTHAI ISMAEL | | | |
| 20:00 | | SA BOXEO ISMAEL | S2 COMBAT BODY ADRIÁN | S6 REFORMER PILATES BONOS INÉS | | | |
| 20:00 | S1 ZUMBA LINA | S5 PILATES MATWORK SONIA | S4 HATHA YOGA INTENSO 90' GISELLE | | | | |
| 20:00 | | | | | | | |
| 20:15 | | | | | | | |
| 21:00 | S3 CICLO INDOOR 45' ISMAEL | S3 CICLO INDOOR 45' ISMAEL | S3 CICLO INDOOR 45' ISMAEL | S3 CICLO INDOOR 45' ISMAEL | | | |
| 21:00 | S5 PILATES MATWORK FANI | | S5 PILATES MATWORK FANI | | | | |

LEYENDA

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|-----------------|-----------------------------|
| Coreográficas | Reformer bonos |
| Alta intensidad | Tonificación |
| Acuáticas | Terapéuticas |
| Aeróbicas | Tarifificación adicional |
| | 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 | BOX FS CROSS + OPEN CROSS | BOX FS CROSS + OPEN CROSS | BOX FS CROSS + OPEN CROSS | BOX FS CROSS | BOX FS CROSS + OPEN CROSS | | |
| 09:30 | | | | | | | |
| 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 | BOX OPEN CROSS | | BOX OPEN CROSS | | | | |
| 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