

	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 QUIQUE	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 QUIQUE	S1 DANCE IT JEIKO	S2 TOTAL TRAINING QUIQUE	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 JEIKO			
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			
10:30	S2 PUMP BODY PABLO	S2 GIMNASIA ACTIVA SONIA	S2 PUMP BODY PABLO	S2 GUN-EX 45' JEIKO			
10:30	S6 REFORMER PILATES BONOS INÉS	S1 BALANCE BODY PABLO	S6 REFORMER PILATES BONOS INÉS		S1 BALANCE BODY PABLO		
10:30		S3 CICLO INDOOR JUAN CARLOS	S3 CICLO INDOOR QUIQUE	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 AMÁIA	
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 QUIQUE	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		S3 VIRTUAL CICLO INDOOR C.VIRTUAL		
14:30	S1 COMBAT BODY ADRIAN		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 RITMOS	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 ADRIÁN	S2 EXTREME TRAINING ADRIÁN	S5 BALANCE BODY FANI	S2 EXTREME TRAINING AMAIA			
19:00	S4 HATHA YOGA GISELLE	S1 ZUMBA	S3 CICLO INDOOR ISMAEL	S3 CICLO INDOOR ISMAEL			
19:00	S3 CICLO INDOOR FERNANDO		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				

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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	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