

El horario del gym es mañanas de 7.30 a 13.00 y tardes 14.00 a 22.00

Clases Dirigidas

Horarios

lunes

martes

miercoles

jueves

viernes

7.45	Fitness expres	Elipdoor	Cardio power	Funcional	Fitness expres
9.30	Zumba	Cardio power	Elipdoor	G.a.p	Cardio power
10.30	Cardio Power	Elipdoor	G.A.P	Cardio Power	Funcional
11.30	G.A.P	Cardio Power	Funcional	Elipdoor	Cardio Power
14.10	Cardio Power	G.A.P	Elipdoor	Cardio Power	Funcional
15.15	Funcional	Zumba	Cardio power	G.a.p	Elipdoor
16.30	Cardio Power		Funcional	Elipdoor	
17.00		Pilates			17.30
18.00	Cardio power	Elipdoor	G.a.p	Dance/Funcional	Pilates
19.15	Elipdoor	Cardio power	Funcional	Zumba	Cardio power
20.30	Zumba	Funcional	Cardio power	Elipdoor	
	20.15				

Clases virtuales 10.30 11.30 14.10 16.30 viernes 19.15