

DICIEMBRE 2024

HOURS	LUNES MONDAY / MONTAG	MARTES TUESDAY / DIENSTAG	MIERCOLES WEDNESDAY / MITTWOCH	JUEVES THURSDAY / DONNERSTAG	VIERNES FRIDAY / FREITAG	SABADO SATURDAY / SAMSTAG	DOMINGO SUNDAY / SONNTAG
08:00 / 09:00	LES MILLS CORE YOGA		SPIN & FIT 30'+30'	YOGA	GAP	CROSSTRaining	
08:15 / 09:15		FUNCTIONAL TRAINING	CROSSTRaining	FUNCTIONAL TRAINING			
09:00 / 10:00		YOGA	YOGA			YOGA ESPALDA SANA 45'	
09:30 / 10:30	GROUP CYCLING ABDOMINALES Y GLÚTEOS	BODY PUMP	PILATES	BODY PUMP ESPALDA SANA 45'	PILATES		CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:30 / 11:10	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS		GROUP CYCLING
11:00 / 12:00						BODY PUMP ZUMBA BRASILEIRO	
11:15 / 12:00		ESPALDA SANA 45'			ESPALDA SANA 45'		
11:30 / 12:30	PILATES						PILATES BODY PUMP
12:00 / 13:00						PILATES	
12:30 / 13:30							PILATES
13:30 / 14:30	CROSSTRaining	LES MILLS CORE	CROSSTRaining	GROUP CYCLING	LES MILLS CORE		
16:00 / 17:00	YOGA FUNCTIONAL TRAINING	FUNCTIONAL TRAINING	LES MILLS CORE	FUNCTIONAL TRAINING ESPALDA SANA 45'			
17:00 / 18:00	PILATES BODY PUMP	AQUAFITNESS ZUMBA PILATES	PILATES BODY PUMP	AQUAFITNESS ZUMBA PILATES	PILATES BODY PUMP		
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 19:00	BODY PUMP	BODY PUMP YOGA	BODY PUMP FUNCTIONAL TRAINING	BODY PUMP LES MILLS CORE	BODY PUMP		
	AQUAFITNESS	CROSSTRaining	YOGA LES MILLS CORE	YOGA CROSSTRaining	YOGA		
18:30 / 19:30						PILATES	BODY PUMP
19:00 / 20:00	CROSSTRaining GROUP CYCLING	PILATES GAP	CROSSTRaining GROUP CYCLING	PILATES GAP	CROSSTRaining		
			PILATES				
20:00 / 21:00		CROSSTRaining		CROSSTRaining			