

29€/Año
36,90€/Mes

HORARIO de ACTIVIDADES

Abierto los 365 días del año



	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA
10:00	SPINNING	2	BODY COMPLET	1	SPINNING	2	BODY COMPLET	1	SPINNING	2
11:00	PILATES	3			PILATES	3			PILATES	3
17:15			BODY COMPLET	1			BODY COMPLET	1		
	TRX	3	PILATES	3	TRX	3	PILATES	3		
18:15	Free Flow Yoga	3	ZUMBA	1	Free Flow Yoga	3	ZUMBA	1		
19:15	FUNCTIONAL TRAINING HIIT / HIPT	4	TRX	3	FUNCTIONAL TRAINING HIIT / HIPT	4	TRX	3		
	BODY COMPLET	1	JUMP fit	1	BODY COMPLET	1	JUMP fit	1		
	PILATES	3			PILATES	3	DEFENSA PERSONAL	5		
	SPINNING	2	SPINNING	2	SPINNING	2	SPINNING	2		
20:15	SPINNING	2	SPINNING	2	SPINNING	2	SPINNING	2		
	STRONG ZUMBA	1	Crossfreet	4	STRONG ZUMBA	1	Crossfreet	4		
	GRAPPLING	5	BJJ	5	GRAPPLING	5	BJJ	5		

Tfno: 978 60 19 49