

ENERO 2026

HOURS	LUNES / MONDAY / MONTAG	MARTES / TUESDAY / DIENSTAG	MIÉRCOLES / 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	HARD CROSS	
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		HARD CROSS
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	
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	HARD CROSS	LES MILLS CORE	CROSSTRAINING	GROUP CYCLING	HARD CROSS		
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 ZUMBA BRASILEIRO	AQUAFITNESS ZUMBA PILATES	PILATES BODY PUMP		
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 19:00	BODY PUMP AQUAFITNESS	BODY PUMP LES MILLS CORE YOGA CROSSTRAINING	BODY PUMP FUNCTIONAL TRAINING YOGA	BODY PUMP LES MILLS CORE YOGA CROSSTRAINING	BODY PUMP YOGA		
18:30 / 19:30						PILATES	BODY PUMP
19:00 / 20:00	HARD CROSS GROUP CYCLING	PILATES GAP	CROSSTRAINING GROUP CYCLING PILATES	PILATES FUNCTIONAL TRAINING	HARD CROSS		
20:00 / 21:00		HARD CROSS					