

DICIEMBRE 2025

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		SPIN & FIT 30'+30'	YOGA	GAP	HARD CROSS	
	YOGA						
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	BODY PUMP	PILATES	BODY PUMP	PILATES		HARD CROSS
	ABDOMINALES Y GLÚTEOS			ESPALDA SANA 45'			
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	LES MILLS CORE	FUNCTIONAL TRAINING			
	FUNCTIONAL TRAINING			ESPALDA SANA 45'			
17:00 / 18:00	PILATES	AQUAFITNESS	PILATES	AQUAFITNESS	PILATES		
	BODY PUMP	ZUMBA	BODY PUMP	ZUMBA	BODY PUMP		
		PILATES	ZUMBA BRASILEIRO	PILATES			
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 19:00	BODY PUMP	BODY PUMP	BODY PUMP	BODY PUMP	BODY PUMP		
	AQUAFITNESS	LES MILLS CORE	FUNCTIONAL TRAINING	LES MILLS CORE	YOGA		
		YOGA	YOGA	YOGA			
		CROSSTRaining		CROSSTRaining			
18:30 / 19:30						PILATES	BODY PUMP
19:00 / 20:00	HARD CROSS	PILATES	CROSSTRaining	PILATES	HARD CROSS		
	GROUP CYCLING	GAP	GROUP CYCLING	FUNCTIONAL TRAINING			
			PILATES				
20:00 / 21:00		HARD CROSS					