

# OCTUBRE 2025

| HOURS         | LUNES<br>MONDAY / MONTAG | MARTES<br>TUESDAY / DIENSTAG | MIERCOLES<br>WEDNESDAY / MITTWOCH | JUEVES<br>THURSDAY / DONNERSTAG | VIERNES<br>FRIDAY / FREITAG | SABADO<br>SATURDAY / SAMSTAG | DOMINGO<br>SUNDAY / SONNTAG |
|---------------|--------------------------|------------------------------|-----------------------------------|---------------------------------|-----------------------------|------------------------------|-----------------------------|
| 08:00 / 09:00 | LES MILLS CORE           |                              | SPIN & FIT 30'+30'                | YOGA                            | GAP                         | YOGA                         |                             |
|               | YOGA                     |                              |                                   |                                 |                             | HARD CROSS                   |                             |
| 08:15 / 09:15 |                          | FUNCTIONAL TRAINING          | CROSSTRaining                     | FUNCTIONAL TRAINING             |                             |                              |                             |
| 09:00 / 10:00 |                          | 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                   |                                   | HARD CROSS                      |                             |                              |                             |