

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:00	2 Pilates Jose Manuel	1 Body Pump Jose Manuel	SC Ciclo Indoor Jose Manuel	1 Gap Jose Manuel	SC Ciclo Indoor Jose Manuel	
9:30	1 Body Pump Jose Manuel	1 Acond. Físico Andrea	1 Zumba Anabel	1 Body Combat Jose Manuel	1 Gap Jose Manuel	
		SC Ciclo Indoor Jose Manuel	SC Ciclo Indoor Andrea	SC Ciclo Indoor Andrea	2 Body Balance Andrea	
10:30	1 Body Combat Andrea	2 Body Combat Jose Manuel	1 Body Pump Jose Manuel	1 Trx Andrea	1 Zumba Anabel	
	SC Ciclo Indoor Jose Manuel		2 Streeching Nora	2 Pilates Jose Manuel	SC Ciclo Indoor Jose Manuel	
11:00		1 Zumba Anabel				
11:30	2 Pilates Jose Manuel		1 Grit Series Nora	1 Acond. Físico Jose Manuel	1 Grit Series Nora	1 Body Pump Andrea
			2 Pilates Jose Manuel	2 Body Balance Andrea	2 Pilates Jose Manuel	
12:00	1 Zumba Anabel	1 Gap Jose Manuel				
		2 Body Balance Andrea				
12:30				1 Zumba Anabel		SC Ciclo Indoor Andrea
14:30	1 Grit Series Nora	1 Body Combat Andrea	1 Body Pump Andrea	1 Grit Series Nora	SC Ciclo Indoor Andrea	
17:00	1 Zumba Isaac	1 Gap Nora	1 Zumba Isaac			
18:00	1 Acond. Físico Andrea	1 Trx Dimas	1 Street Dance Jose Maria	2 Grit Series Fermin	1 Zumba Isaac	
	2 Grit Series Fermin	2 Body Balance Nora	2 Gap Fermin	SC Ciclo Indoor Javi	2 Body Balance Jose Maria	
	SC Ciclo Indoor Javi	SC Ciclo Indoor Javi				
19:00	1 Body Combat Andrea	2 Gap Fermin	1 Funcional Training Jose Maria	1 Body Pump Javi		
	2 Body Balance Fermin		2 Body Balance Fermin	2 Pilates Jose Maria	2 Grit Series Fermin	
			SC Ciclo Indoor Javi			
19:15		1 Grit Series Nora				
20:00	1 Body Pump Andrea	2 Pilates Fermin	1 Body Pump Javi	1 Zumba Lidia	SC Ciclo Indoor Fermin	
	SC Ciclo Indoor Fermin	SC Ciclo Indoor Javi	2 Pilates Jose Maria	2 Body Combat Jose Maria		
			SC Ciclo Indoor Fermin	SC Ciclo Indoor Fermin		
21:00	SC Ciclo Indoor Javi	1 Zumba Lidia				
21:15	2 Grit Series Fermin		2 Grit Series Fermin	1 Grit Series Fermin		

* Attitude Fitness Club se reserva el derecho de modificación o cancelación del horario sin previo aviso

Cuerpo y Mente

Ciclo Indoor

Cardio

Fuerza

Grit Series 30'

Baile

LES MILLS
BODYBALANCE

LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

LES MILLS
GRIT