

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

* 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