

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

Baile

LES MILLS  
BODYBALANCE

LES MILLS  
BODYCOMBAT

LES MILLS  
BODYPUMP

LES MILLS  
GRIT