

horario mayo

Virgin Active Paterna

Lunes			Instructor	Martes			Instructor	Miércoles			Instructor	Jueves			Instructor	Viernes			Instructor
08:00	STUDIO 1	BODY PUMP	Aida	08:00	V-CYCLE	SPIN	Jose Luis	08:00	STUDIO 1	BODY COMBAT	Jorge	08:00	V-CYCLE	SPIN	Aida	07:15	STUDIO 1	ZUMBA	Aida
09:15	STUDIO 2	CORREC. POST.	Raquel	09:15	STUDIO 2	TAI-CHI	Carlos	09:15	STUDIO 2	PILATES	Raquel	09:30	STUDIO 1	BODY COMBAT	Aida	08:00	STUDIO 1	BODY BALANCE	Aida
09:30	STUDIO 1	BODY JUMP	Aida	09:15	STUDIO 1	BODY PUMP	Jorge	09:30	STUDIO 1	GL. TRAINING	Patricia	10:30	STUDIO 1	STEP	Raquel	09:30	STUDIO 1	GL. TRAINING	Raúl
09:30	V-CYCLE	SPIN	Juan	09:30	V-CYCLE	SPIN	Jose Luis	09:30	V-CYCLE	SPIN	Oscar	10:30	STUDIO 2	TAI-CHI	Carlos	09:30	V-CYCLE	SPIN	Aida
10:30	STUDIO 1	DANCE	Juan Luis	10:15	STUDIO 2	CORREC. POST.	Aida	10:15	STUDIO 2	BODY BALANCE	Raquel	10:30	V-CYCLE	SPIN	Jorge	10:30	STUDIO 2	PILATES	Raquel
10:30	PISCINA	AQUAFITNESS	Aida	10:30	STUDIO 1	GL. TRAINING	Oscar	10:30	STUDIO 1	BODY PUMP	Raquel	10:30	PISCINA	AQUAFITNESS	Raquel	10:30	STUDIO 1	ZUMBA	Aida
11:15	STUDIO 2	PILATES	Raquel	11:30	STUDIO 2	DANZA ORIENTAL	Amparo	10:30	STUDIO 3	KRAV-MAGA	Sam	11:30	STUDIO 3	YOGA	Gema C	11:30	PISCINA	AQUAFITNESS	Raúl
11:30	STUDIO 1	BODY PUMP	Jorge	11:30	PISCINA	AQUAFITNESS	Patricia	10:30	PISCINA	AQUAFITNESS	Patricia	14:30	V-CYCLE	SPIN	Oscar	11:30	STUDIO 2	BODY BALANCE	Aida
14:30	V-CYCLE	SPIN	Jose Luis	11:30	STUDIO 1	ZUMBA	Aida	11:30	STUDIO 1	LATINO	Juan Luis	14:30	STUDIO 1	BODY PUMP	Aida	14:30	STUDIO 1	ZUMBA	Raúl
14:30	STUDIO 1	BODY PUMP	Laura	14:30	V-CYCLE	SPIN	Aida	11:30	STUDIO 2	BODY COMBAT	Raúl	15:30	STUDIO 1	BODY JUMP	Aida	14:30	STUDIO 2	BODY JUMP	Raquel
14:30	STUDIO 2	PILATES	Raquel	14:30	STUDIO 1	STEP	Raquel	14:30	V-CYCLE	SPIN	Juan	17:30	STUDIO 1	ZUMBA 7-12	Nuria	14:30	PISCINA	CLUB NADADOR	Victor
15:30	V-CYCLE	SPIN	Patricia	15:30	STUDIO 2	PILATES	Raquel	14:30	STUDIO 1	BODY COMBAT	Aida	18:00	STUDIO 2	DANZA ORIENTAL	Amparo	15:00	STUDIO 3	PILATES	Laura
15:30	STUDIO 1	BODY COMBAT	Laura	15:30	STUDIO 1	BODY PUMP	Aida	15:00	PISCINA	AQUAFITNESS	Patricia	18:00	V-CYCLE	SPIN	Jorge	15:30	STUDIO 1	BODY PUMP	Raúl
17:30	STUDIO 1	ESC. BAILE 4-6	Nuria	17:30	STUDIO 1	ZUMBA 7-12	Nuria	15:30	STUDIO 1	ZUMBA	Aida	18:15	STUDIO 1	PILATES	Laura	18:00	STUDIO 2	DANZA ORIENTAL	Amparo
17:30	STUDIO 3	KRAV-MAGA 4-6	Sam	17:30	STUDIO 3	KUNG-FU 7-12	Carlos	15:30	V-CYCLE	SPIN	Laura	18:30	STUDIO 3	KUNG-FU 7-12	Carlos	18:00	STUDIO 3	YOGA	Gema C
18:00	V-CYCLE	SPIN	Juan	18:00	V-CYCLE	SPIN	Jorge	17:30	STUDIO 3	KRAV-MAGA 4-6	Sam	19:00	V-CYCLE	SPIN	Jose Luis	18:15	STUDIO 1	BODY PUMP	Laura
18:00	STUDIO 2	BODY BALANCE	Jorge	18:15	STUDIO 1	GL. TRAINING	Raquel	17:30	STUDIO 1	ESC. BAILE 4-6	Nuria	19:00	STUDIO 2	STEP	Raquel	19:00	V-CYCLE	SPIN	Josemi
18:15	STUDIO 1	BODY COMBAT	Laura	19:00	V-CYCLE	SPIN	Oscar	18:00	V-CYCLE	SPIN	Raúl	19:15	PISCINA	AQUAFITNESS	Patricia	19:15	STUDIO 1	ZUMBA	Laura
18:30	STUDIO 3	KRAV-MAGA 7-12	Sam	19:15	STUDIO 2	BODY BALANCE	Jorge	18:00	STUDIO 2	BODY BALANCE	Aida	19:15	STUDIO 1	BODY PUMP	Laura	19:15	STUDIO 2	BODY BALANCE	Jorge
19:15	STUDIO 2	STEP	Laura	19:15	PISCINA	AQUAFITNESS	Raquel	18:15	STUDIO 1	BODY PUMP	Laura	19:30	STUDIO 3	BOXEO	Edu	20:00	V-CYCLE	SPIN	Juan
19:00	V-CYCLE	SPIN	Juan	19:15	STUDIO 1	BODY PUMP	Laura	18:30	STUDIO 3	KRAV-MAGA 7-12	Sam	20:00	STUDIO 2	BODY BALANCE	Raquel				
19:15	STUDIO 1	BODY JUMP	Patricia	20:00	V-CYCLE	SPIN	Juan	19:00	PISCINA	AQUAFIT. 7-12	Lidia	20:00	V-CYCLE	SPIN	Juan				
19:15	PISCINA	CLUB NADADOR	Victor	20:00	STUDIO 3	YOGA	Gema C	19:00	V-CYCLE	SPIN	Josemi	20:15	STUDIO 1	BODY JUMP	Laura				
19:30	STUDIO 3	BOXEO	Edu	20:15	STUDIO 2	PILATES	Raquel	19:00	STUDIO 2	PILATES	Aida	21:00	V-CYCLE	SPIN	Raquel				
20:00	V-CYCLE	SPIN	Josemi	20:15	STUDIO 1	BODY COMBAT	Raúl	19:15	STUDIO 1	BODY COMBAT	Laura								
20:15	PISCINA	AQUAFITNESS	Laura	21:00	V-CYCLE	SPIN	Laura	19:30	OUTDOOR	CL. CORREDOR	Victor								
20:15	STUDIO 1	BODY PUMP	Patricia	21:15	STUDIO 1	BODY PUMP	Raúl	20:00	V-CYCLE	SPIN	Josemi								
20:30	OUTDOOR	CL. CORREDOR	Victor					20:00	PISCINA	AQUAFITNESS	Raúl								
20:30	STUDIO 2	KRAV-MAGA	Sam					20:15	STUDIO 2	ZUMBA	Aida								
								20:15	STUDIO 1	BODY PUMP	Jorge								
								20:30	STUDIO 3	KRAV-MAGA	Sam								

Sábado			Instructor	Domingo			Instructor	Festivos			Instructor
10:00	PISCINA	AQUAFITNESS	Raquel	11:00	STUDIO 1	BODY PUMP	Rotación	11:00	STUDIO 1	BODY PUMP	Rotación
11:00	STUDIO 3	KRAV-MAGA 7-12	Sam	11:15	V-CYCLE	SPIN	Oscar	11:15	V-CYCLE	SPIN	Rotación
11:00	STUDIO 1	BODY PUMP	Raquel	12:15	STUDIO 1	BODY JUMP	Rotación	12:15	STUDIO 1	BODY JUMP	Rotación
11:15	V-CYCLE	SPIN	Patricia	12:15	V-CYCLE	SPIN	Juan	12:15	V-CYCLE	SPIN	Rotación
12:15	V-CYCLE	SPIN	Oscar	18:30	V-CYCLE	SPIN	Oscar	18:30	V-CYCLE	SPIN	Rotación
12:15	STUDIO 1	BODY COMBAT	Patricia								
12:15	STUDIO 2	KRAV-MAGA	Sam								
18:30	V-CYCLE	SPIN	Oscar								

live happy - be active



■ Cardio
 ■ Tonificación
 ■ Acuáticas
 ■ Artes Marciales
 ■ Cuerpo y Mente
 ■ Baile y Coreografía
 ■ Infantiles

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horario mayo

Virgin Active Paterna

Clases V-Xpress

Lunes				Instructor	Martes				Instructor	Miércoles				Instructor	Jueves				Instructor	Viernes				Instructor
07:20	FITNESS	V-ENERGY BAG	Fitness	07:40	FITNESS	V-TNT FIT	Fitness	10:40	FITNESS	V-GAP	Fitness	08:10	FITNESS	V-TNT FIT	Fitness	09:30	FITNESS	CX - WORX	Fitness					
07:40	FITNESS	V-LIPTIC	Fitness	09:30	FITNESS	V-LIPTIC	Fitness	11:30	FITNESS	CX - WORX	Fitness	10:40	FITNESS	V-CORE	Fitness	10:40	FITNESS	V-CORE	Fitness					
10:40	FITNESS	V-CORE	Fitness	10:40	FITNESS	CX - WORX	Fitness	14:30	FITNESS	V-CORE	Fitness	14:30	FITNESS	CX - WORX	Fitness	14:30	FITNESS	V-CORE	Fitness					
14:30	FITNESS	CX - WORX	Fitness	14:30	FITNESS	V-CORE	Fitness	15:00	FITNESS	V-LIPTIC	Fitness	15:00	FITNESS	V-TREAD	Fitness	18:00	FITNESS	V-CORE	Fitness					
15:00	FITNESS	V-TREAD	Fitness	15:00	FITNESS	V-TNT FIT	Fitness	17:30	FITNESS	V-P.PLATE	Fitness	18:00	FITNESS	V-TNT FIT	Fitness	19:00	FITNESS	V-TNT FIT	Fitness					
15:30	PISCINA	V-SWIM	Piscina	18:00	FITNESS	V-CORE	Fitness	18:00	FITNESS	V-TNT FIT	Fitness	19:00	FITNESS	CX - WORX	Fitness	19:15	PISCINA	V-SWIM	Piscina					
17:30	FITNESS	V-GAP	Fitness	19:00	FITNESS	V-TREAD	Fitness	19:00	FITNESS	CX - WORX	Fitness	20:00	FITNESS	V-LIPTIC	Fitness	20:00	FITNESS	V-CORE XTREME	Fitness					
18:15	FITNESS	V-TNT FIT	Fitness	20:00	FITNESS	CX - WORX	Fitness	20:00	FITNESS	V-LIPTIC	Fitness	20:15	PISCINA	V-SWIM	Piscina									
19:15	FITNESS	CX - WORX	Fitness	20:15	PISCINA	V-SWIM	Piscina	20:40	FITNESS	V-CORE XTREME	Fitness	21:00	FITNESS	V-CORE	Fitness									
20:00	FITNESS	V-TNT FIT	Fitness	20:40	FITNESS	V-TNT FIT	Fitness																	
20:40	FITNESS	V-CORE XTREME	Fitness																					

Sábado			Instructor	Domingo			Instructor	Festivos			Instructor
11:30	FITNESS	V-CORE	Fitness	11:30	FITNESS	V-CORE	Fitness	11:30	FITNESS	V-CORE	Fitness
18:00	FITNESS	V-CORE	Fitness	18:00	FITNESS	V-CORE	Fitness	18:00	FITNESS	V-CORE	Fitness

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