



VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Alcalá de Henares

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
08:15	Xpress TRX ● The Grid	08:15	Xpress Core ● The Grid	08:15	Grid Lean ● The Grid	08:15	Xpress Core ● The Grid	08:15	Xpress TRX ● The Grid	10:00	Body Pump ● Studio 1
09:30	Pilates ● Studio 2	09:30	Yoga Strength ● Mind Body	09:30	Global Training ● Studio 1	09:30	Espalda Sana ● Mind Body	09:30	Pilates ● Studio 2	10:00	AquaHiit ● Piscina
10:00	Grid Fit ● The Grid	10:00	Zumba ● Studio 1	10:00	Yoga Align ● Mind Body	10:00	XCore ● Studio 1	09:45	Spin Live ● V-Cycle	11:00	Xpress Core ● The Grid
10:00	Body Attack ● Studio 1	10:15	Spin ● V-Cycle	10:30	Body Pump ● Studio 1	10:15	Spin ● V-Cycle	10:00	Zumba ● Studio 1	11:00	Virgin Active Games ● Studio 2
10:30	Danza Oriental ● Mind Body	10:30	Espalda Sana ● Mind Body	10:30	Ritmos Latinos ● Studio 2	10:30	Postural Training ● Mind Body	10:30	Xpress TRX ● The Grid	11:00	Pilates ● Studio 1
10:30	Pilates ● Studio 2	10:30	Body Combat ● Studio 2	10:30	Xpress TRX ● The Grid	10:30	Aquafitness ● Piscina	10:30	Pilates ● Studio 2	11:15	Spin Live ● V-Cycle
11:00	Xpress TRX ● The Grid	10:30	Aquafitness ● Piscina	11:00	Mindfulness (Meditación) ● Mind Body	11:15	Body Attack ● Studio 1	11:00	Body Combat ● Studio 1	12:00	Pilates ● Studio 2
11:00	Body Pump ● Studio 1	11:15	Global Training ● Studio 1	11:00	AquaHiit ● Piscina	11:30	Xpress Core ● The Grid	11:30	Xpress Core ● The Grid	12:00	Zumba ● Studio 1
11:15	Spin Live ● V-Cycle	11:30	Body Jump ● Studio 2	11:30	Kick Power ● Studio 2	11:30	Zumba ● Studio 2	11:30	Body Jump ● Studio 2	12:15	Xpress Core ● The Grid
11:30	XCore ● Studio 2	11:30	Xpress TRX ● The Grid	11:30	Xpress Core ● The Grid	11:30	Danza Oriental ● Mind Body	11:30	Yoga Align ● Mind Body	12:15	Spin ● V-Cycle
12:00	Xpress Core ● The Grid	12:30	Xpress Core ● The Grid	11:30	Pilates ● Mind Body	12:30	Xpress TRX ● The Grid	14:30	Xpress Circuit ● The Grid	19:00	Xpress Core ● The Grid
12:00	Zumba ● Studio 1	14:15	Run Club ● Outdoor	11:45	Spin ● V-Cycle	14:30	Spin Live ● V-Cycle	17:45	Pilates ● Mind Body		
14:30	Spin ● V-Cycle	15:00	Xpress Circuit ● The Grid	14:30	Body Pump ● Studio 1	15:20	Xpress Stretching ● The Grid	18:00	Virgin Active Games ● Studio 2	DOMINGO	
15:30	Xpress Core ● The Grid	17:30	Global Training ● Studio 1	15:30	Xpress Core ● The Grid	18:00	Gimnasia Rítmica Infantil ● Studio 2	18:15	TNT Fit ● Studio 1	10:00	Espalda Sana ● Studio 2
17:30	Body Pump ● Studio 1	17:30	Zumba Kids ● Studio 2	17:30	Zumba ● Studio 1	18:15	Spin ● V-Cycle	19:00	Xpress GAP ● The Grid	11:00	Aquafitness ● Piscina
17:30	Karate Infantil (4-7) ● Studio 2	18:15	Spin ● V-Cycle	17:30	Functional Kids ● Studio 2	18:30	Body Pump ● Studio 1	19:00	Body Combat ● Studio 2	11:00	Body Combat ● Studio 1
18:15	Virgin Active Games ● Studio 2	18:15	Acrosport Junior ● Studio 2	18:15	Spin ● V-Cycle	18:30	Xpress TRX ● The Grid	19:15	Spin ● V-Cycle	12:00	Xpress Core ● The Grid
18:15	Spin ● V-Cycle	18:30	Body Attack ● Studio 1	18:15	Body Jump Junior (8-13) ● Studio 2	18:45	Danza Oriental ● Mind Body	19:30	Zumba ● Studio 1	12:00	XCore ● Studio 1
18:30	Xpress Core ● The Grid	18:30	Xpress GAP ● The Grid	18:30	Body Combat ● Studio 1	19:00	Body Jump ● Studio 2	20:00	Boxeo ● Studio 2	12:15	Spin ● V-Cycle
18:30	Military Training ● Studio 1	18:45	Postural Training ● Mind Body	18:30	Grid Lean ● The Grid	19:30	Spin Live ● V-Cycle	20:00	Xpress Core ● The Grid		
18:45	Espalda Sana ● Mind Body	19:00	Kick Power ● Studio 2	18:45	Pilates ● Mind Body	19:30	Xpress Core ● The Grid	20:30	XCore ● Studio 1	FESTIVO	
19:00	Dance ● Studio 2	19:30	Spin ● V-Cycle	19:00	XCore ● Studio 2	19:30	Body Attack ● Studio 1			10:00	Pilates ● Studio 2
19:15	Spin Live ● V-Cycle	19:30	Body Pump ● Studio 1	19:15	Spin Live ● V-Cycle	19:45	AquaHiit ● Piscina			11:00	Body Pump ● Studio 1
19:30	Grid Lean ● The Grid	19:30	Xpress TRX ● The Grid	19:30	Xpress Core ● The Grid	19:45	Postural Training ● Mind Body			11:00	Xpress TRX ● The Grid
19:30	Body Combat ● Studio 1	19:45	Pilates ● Mind Body	19:30	Zumba ● Studio 1	20:00	Dance ● Studio 2			11:55	Xpress Core ● The Grid
19:45	Yoga Strength ● Mind Body	19:45	Aquafitness ● Piscina	19:45	Run Club ● Outdoor	20:30	Xpress Core ● The Grid			12:15	Spin Live ● V-Cycle
20:00	Body Jump ● Studio 2	20:00	Boxeo ● Studio 2	19:45	Espalda Sana ● Mind Body	20:45	Yoga Align ● Mind Body			18:00	Xpress Core ● The Grid
20:15	Spin ● V-Cycle	20:30	Zumba ● Studio 1	20:15	Aquafitness ● Piscina						
20:30	Body Pump ● Studio 1	20:30	Xpress Core ● The Grid	20:15	Spin ● V-Cycle						
20:30	Xpress Core ● The Grid			20:30	Global Training ● Studio 1						
20:45	Mindfulness (Meditación) ● Mind Body			20:35	Xpress Stretching ● The Grid						

● cardio ● fuerza ● cuerpo y mente

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