



VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Alcalá de Henares

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
07:15	Grid Lean ● The Grid	08:15	Xpress Core ● The Grid	07:15	Xpress TRX ● The Grid	08:15	Xpress Core ● The Grid	09:45	Spin Live ● V-Cycle	10:00	Body Pump ● Studio 1
08:15	Xpress TRX ● The Grid	09:30	Yoga Strength ● Mind Body	08:15	Grid Lean ● The Grid	09:30	Espalda Sana ● Mind Body	10:00	Zumba ● Studio 1	10:00	AquaHiit ● Piscina
09:30	Pilates ● Studio 2	10:00	Zumba ● Studio 1	09:30	Global Training ● Studio 1	10:00	XCore ● Studio 1	10:30	Pilates ● Studio 2	11:00	Pilates ● Studio 1
10:00	Body Attack ● Studio 1	10:15	Spin ● V-Cycle	10:00	Yoga Align ● Mind Body	10:15	Spin ● V-Cycle	10:30	Xpress TRX ● The Grid	11:00	Xpress Core ● The Grid
10:30	Danza Oriental ● Mind Body	10:30	Body Combat ● Studio 2	10:30	Xpress TRX ● The Grid	10:30	Postural Training ● Mind Body	11:00	Body Combat ● Studio 1	11:15	Spin Live ● V-Cycle
11:00	Body Pump ● Studio 1	10:30	Aquafitness ● Piscina	10:30	Body Pump ● Studio 1	10:30	Aquafitness ● Piscina	11:30	Xpress Core ● The Grid	12:00	Zumba ● Studio 1
11:00	Xpress TRX ● The Grid	10:30	Espalda Sana ● Mind Body	11:00	Mindfulness (Meditación) ● Mind Body	11:15	Body Attack ● Studio 1	11:30	Yoga Align ● Mind Body	12:15	Xpress Core ● The Grid
11:15	Spin Live ● V-Cycle	11:15	Global Training ● Studio 1	11:30	Pilates ● Mind Body	11:30	Xpress Core ● The Grid	18:15	TNT Fit ● Studio 1	19:00	Xpress Core ● The Grid
12:00	Xpress Core ● The Grid	11:30	Xpress TRX ● The Grid	11:30	Xpress Core ● The Grid	11:30	Zumba ● Studio 2	19:00	Xpress GAP ● The Grid		
14:30	Spin ● V-Cycle	11:30	Body Jump ● Studio 2	11:30	Kick Power ● Studio 2	15:00	Xpress Circuit ● The Grid	19:00	Body Combat ● Studio 2		
15:30	Xpress Core ● The Grid	15:00	Xpress Circuit ● The Grid	11:45	Spin ● V-Cycle	18:15	Spin ● V-Cycle	19:15	Spin ● V-Cycle		
17:30	Body Pump ● Studio 1	17:30	Global Training ● Studio 1	14:30	Body Pump ● Studio 1	18:30	Body Pump ● Studio 1	19:30	Zumba ● Studio 1	10:00	Espalda Sana ● Studio 2
18:15	Spin ● V-Cycle	18:15	Spin ● V-Cycle	15:30	Xpress Core ● The Grid	15:30	Xpress TRX ● The Grid	20:00	Xpress Core ● The Grid	11:00	Body Combat ● Studio 1
18:30	Xpress Core ● The Grid	18:30	Body Attack ● Studio 1	17:30	Zumba ● Studio 1	18:45	Danza Oriental ● Mind Body	20:30	XCore ● Studio 1	11:00	Aquafitness ● Piscina
18:30	Military Training ● Studio 1	18:45	Postural Training ● Mind Body	18:15	Spin ● V-Cycle	19:00	Body Jump ● Studio 2			12:00	Xpress Core ● The Grid
18:45	Espalda Sana ● Mind Body	19:00	Kick Power ● Studio 2	18:30	Body Combat ● Studio 1	19:30	Body Attack ● Studio 1			12:15	Spin ● V-Cycle
19:00	Dance ● Studio 2	19:30	Body Pump ● Studio 1	18:30	Grid Lean ● The Grid	19:30	Xpress Core ● The Grid				
19:15	Spin Live ● V-Cycle	19:30	Xpress TRX ● The Grid	18:45	Pilates ● Mind Body	19:30	Spin Live ● V-Cycle				
19:30	Grid Lean ● The Grid	19:30	Spin ● V-Cycle	19:00	XCore ● Studio 2	19:45	AquaHiit ● Piscina				
19:30	Body Combat ● Studio 1	19:45	Pilates ● Mind Body	19:15	Spin Live ● V-Cycle	19:45	Postural Training ● Mind Body				
19:45	Yoga Strength ● Mind Body	19:45	Aquafitness ● Piscina	19:30	Zumba ● Studio 1	20:00	Dance ● Studio 2				
20:00	Body Jump ● Studio 2	20:00	Boxeo ● Studio 2	19:30	Xpress Core ● The Grid	20:30	Xpress Core ● The Grid				
20:15	Spin ● V-Cycle	20:30	Zumba ● Studio 1	20:30	Global Training ● Studio 1	20:45	Yoga Align ● Mind Body				
20:30	Xpress Core ● The Grid	20:30	Xpress Core ● The Grid								
20:30	Body Pump ● Studio 1										

DOMINGO	
10:00	Espalda Sana ● Studio 2
11:00	Body Combat ● Studio 1
11:00	Aquafitness ● Piscina
12:00	Xpress Core ● The Grid
12:15	Spin ● V-Cycle

FESTIVO	
10:00	Pilates ● Studio 2
11:00	Body Pump ● Studio 1
11:00	Xpress TRX ● The Grid
11:55	Xpress Core ● The Grid
12:15	Spin Live ● V-Cycle
18:00	Xpress Core ● The Grid

● cardio ● fuerza ● cuerpo y mente

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