VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Granada Serrallo Plaza

LUNES		
07:15	Spin The Pack	V-Cycle
08:15	Body Pump	Studio 1
09:30	Zumba	Studio 1
09:30	Spin Live	V-Cycle
10:00	Xpress Corepole	Fitness
10:15	AquaHiit	Piscina
10:30	XCore	Studio 1
11:15	Pilates	Studio 2
11:30	Xpress Core	Fitness
12:00	Xpress TRX	Fitness
17:30	Yoga Strength	Studio 2
17:45	Aerobic	Studio 1
18:00	Xpress Corepole	Fitness
18:15	Spin Live	V-Cycle
18:30	Kids Games	Mind Body
18:30	Pilates	Studio 2
18:45	Body Pump	Studio 1
19:00	Aquafitness	Piscina
19:00	Xpress Flash	Fitness
19:30	Yoga Align	Studio 2
19:45	Xpress Core	Fitness
19:45	XCore	Studio 1
20:15	Spin	V-Cycle
20:15	Xpress GAP	Fitness
21:15	Spin The Pack	V-Cycle

MARTES		
07:15	Xpress Swim	Piscina
07:15	Body Pump	Studio 1
09:15	Spin	V-Cycle
09:30	Global Training	Studio 1
09:45	Espalda Sana	Studio 2
10:15	Aquafitness	Piscina
10:30	Xpress Corepole	Fitness
10:30	Boxeo	Mind Body
10:45	Yoga Strength	Studio 2
11:30	Xpress Core	Fitness
12:00	Xpress Fitball	Fitness
14:15	XCore	Studio 1
17:30	Body Pump	Studio 1
18:00	Functional Kids	Mind Body
18:00	Xpress Fitball	Fitness
18:00	XCore	Studio 2
18:15	Spin Live	V-Cycle
18:45	Xpress Core	Fitness
18:45	Body Combat	Studio 1
19:00	AquaHiit	Piscina
19:30	Xpress Corepole	Fitness
19:30	Ritmos Latinos	Mind Body
20:00	Xpress Flash	Fitness
20:00	Body Balance	Studio 2
20:00	Global Training	Studio 1
20:15	Spin Live	V-Cycle
20:45	Xpress Core	Fitness
21:00	XCore	Studio 1

MIÉRCOLES		
07:15	Spin	V-Cycle
09:15	Slow Gym	Studio 2
09:30	Body Combat	Studio 1
10:15	Spin Live	V-Cycle
10:15	Yoga Align	Studio 2
10:15	Aquafitness	Piscina
10:30	XCore	Studio 1
11:30	Xpress Core	Fitness
11:45	Zumba Step	Studio 1
14:15	Xpress TNT Fit	Fitness
17:30	Yoga Align	Studio 2
17:45	Xpress Core	Fitness
17:45	Step	Studio 1
18:15	Spin Live	V-Cycle
18:30	Pilates	Studio 2
18:30	Zumba Kids	Mind Body
18:45	Global Training	Studio 1
19:00	Xpress Flash	Fitness
19:00	Aquafitness	Piscina
19:30	Xpress Corepole	Fitness
19:45	Body Jump	Studio 1
20:15	Spin Live	V-Cycle
20:15	Xpress Foam	Fitness
20:30	Zumba	Studio 2
20:45	Body Pump	Studio 1

JUEVES		
07:15	Xpress Swim	Piscina
09:15	Spin Live	V-Cycle
09:15	AquaHiit	Piscina
09:30	Body Pump	Studio 1
09:45	Pilates	Studio 2
10:15	Xpress Corepole	Fitness
10:30	Body Combat	Studio 1
10:45	Yoga Align	Studio 2
11:00	Xpress Core	Fitness
12:00	Xpress Foam	Fitness
17:45	Zumba	Studio 1
18:00	Xpress GAP	Fitness
18:15	Spin	V-Cycle
18:30	Pilates	Studio 2
18:30	Global Training Junior (8-13)	Mind Body
18:45	XCore	Studio 1
19:00	AquaHiit	Piscina
19:00	Xpress Energy Bag	Fitness
19:45	Body Pump	Studio 1
19:45	Xpress Flash	Fitness
20:00	Xpress Foam	Fitness
20:15	Spin The Pack	V-Cycle
20:45	Xpress Core Xtreme	Fitness
21:15	Xpress TNT Fit	Fitness

VIERNES		
07:15	Spin Live	V-Cycle
09:15	Spin	V-Cycle
09:15	Slow Gym	Studio 2
09:30	Body Jump	Studio 1
10:15	Aquafitness	Piscina
10:30	Global Training	Studio 1
11:00	Xpress TRX	Fitness
12:00	Xpress Core	Fitness
14:30	Xpress Energy Bag	Fitness
17:45	XCore	Studio 1
18:45	Zumba	Studio 1
18:45	Xpress Foam	Fitness
19:00	Spin Live	V-Cycle
19:30	Xpress TRX	Fitness

SÁBADO		
10:00	Aquafitness	Piscina
11:00	Zumba	Studio 1
11:00	Spin Live	V-Cycle
12:00	Body Pump	Studio 1
12:00	Xpress Core	Fitness

DOMINGO		
11:00	Spin	V-Cycle
11:00	Body Balance	Studio 1
12:30	Xpress Core	Fitness
13:00	Body Pump	Studio 1

FESTIVO		
11:00	Spin	V-Cycle
11:00	Body Balance	Studio 1
13:00	Body Pump	Studio 1

cardio fuerza cuerpo y mente

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