



VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Granada Serrallo Plaza

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
07:15	Spin The Pack ● V-Cycle	07:15	Body Pump ● Studio 1	07:15	Spin ● V-Cycle	07:15	Xpress Swim ● Piscina	07:15	Spin Live ● V-Cycle	10:00	Spin Live ● V-Cycle
08:15	Body Pump ● Studio 1	07:15	Xpress Swim ● Piscina	08:15	Zumba ● Studio 1	08:15	XCore ● Studio 1	08:15	Spin ● V-Cycle	10:00	Aquafitness ● Piscina
09:30	Zumba ● Studio 1	08:15	Body Balance ● Studio 1	08:15	Zumba ● Studio 2	08:15	XCore ● Studio 1	09:15	Spin ● V-Cycle	11:00	Zumba ● Studio 1
09:30	Spin Live ● V-Cycle	09:15	Spin ● V-Cycle	09:30	Body Combat ● Studio 1	09:15	AquaHiit ● Piscina	09:15	Slow Gym ● Studio 2	11:00	Zumba ● Studio 1
10:00	Xpress Corepole ● Fitness	09:30	Global Training ● Studio 1	10:15	Xpress Stretching ● Fitness	09:15	Spin Live ● V-Cycle	09:30	Body Jump ● Studio 1	11:00	Spin Live ● V-Cycle
10:15	AquaHiit ● Piscina	09:45	Espalda Sana ● Studio 2	10:15	Spin Live ● V-Cycle	09:30	Body Pump ● Studio 1	10:15	Aquafitness ● Piscina	12:00	Xpress Core ● Fitness
10:30	XCore ● Studio 1	10:15	Aquafitness ● Piscina	10:15	Aquafitness ● Piscina	09:45	Pilates ● Studio 2	10:30	Global Training ● Studio 1	12:00	Body Pump ● Studio 1
10:30	HIPOPRESIVOS 30 ● Studio 2	10:30	Xpress Corepole ● Fitness	10:15	Yoga Align ● Studio 2	10:15	Xpress Corepole ● Fitness	11:00	Xpress TRX ● Fitness		
11:15	Pilates ● Studio 2	10:30	Boxeo ● Mind Body	10:30	XCore ● Studio 1	10:30	Body Combat ● Studio 1	11:00	Krav Maga ● Studio 2	DOMINGO	
11:30	Xpress Core ● Fitness	10:30	Body Pump ● Studio 1	11:30	Military Training ● Studio 2	10:45	Yoga Align ● Studio 2	12:00	Xpress Core ● Fitness	11:00	Spin ● V-Cycle
11:30	Krav Maga ● Mind Body	10:45	Yoga Strength ● Studio 2	11:30	Xpress Core ● Fitness	11:00	Xpress Core ● Fitness	14:30	Xpress Energy Bag ● Fitness	11:00	Body Balance ● Studio 1
11:45	Zumba Step ● Studio 1	11:30	Xpress Core ● Fitness	11:45	Zumba Step ● Studio 1	11:45	Ritmos Latinos ● Studio 2	17:30	Pilates ● Studio 2	12:30	Xpress Core ● Fitness
12:00	Xpress TRX ● Fitness	11:30	Spin Live ● V-Cycle	14:15	Xpress TNT Fit ● Fitness	12:00	Xpress Foam ● Fitness	17:45	XCore ● Studio 1	13:00	Body Pump ● Studio 1
14:15	Spin Live ● V-Cycle	14:15	XCore ● Studio 1	16:45	Body Pump ● Studio 1	14:15	Global Training ● Studio 1	18:15	Spin Live ● V-Cycle		
16:45	Zumba Step ● Studio 1	17:00	Chikung ● Studio 2	17:30	Zumba Kids Junior ● Mind Body	17:00	Yoga Strength ● Studio 2	18:45	Zumba ● Studio 1	FESTIVO	
17:30	Karate Infantil (4-7) ● Mind Body	17:30	Functional Kids ● Mind Body	17:30	Pádel Training Junior (8-13) ● Outdoor	17:30	Karate Infantil (4-7) ● Mind Body	18:45	Xpress Foam ● Fitness	11:00	Spin ● V-Cycle
17:30	Yoga Strength ● Studio 2	17:30	Body Pump ● Studio 1	18:00	Xpress Fitball ● Fitness	17:45	Zumba ● Studio 1	19:00	Zumba Family ● Studio 2	11:00	Body Balance ● Studio 1
17:30	Pádel Training Junior (8-13) ● Outdoor	18:00	Xpress Fitball ● Fitness	18:00	XCore ● Studio 2	18:00	Xpress GAP ● Fitness	19:15	Spin Live ● V-Cycle	13:00	Body Pump ● Studio 1
17:45	Aerobic ● Studio 1	18:00	XCore ● Studio 2	18:15	Spin Live ● V-Cycle	18:15	Spin ● V-Cycle	19:30	Xpress TRX ● Fitness		
18:00	Xpress Corepole ● Fitness	18:15	Spin Live ● V-Cycle	17:45	Step ● Studio 1	18:30	Karate Junior (8-13) ● Mind Body				
18:15	Spin Live ● V-Cycle	18:30	Acrosport Junior ● Mind Body	18:30	Spin Live ● V-Cycle	18:30	Functional Kids ● Studio 2				
18:30	Karate Junior (8-13) ● Mind Body	18:45	Body Combat ● Studio 1	18:30	Pilates ● Studio 2	18:45	Body Jump ● Studio 1				
18:30	Pádel Training infantil (4-7) ● Outdoor	18:45	Xpress Core ● Fitness	18:30	Zumba Kids Junior ● Mind Body	19:00	Xpress Energy Bag ● Fitness				
18:30	Pilates ● Studio 2	19:00	AquaHiit ● Piscina	18:45	Global Training ● Studio 1	19:00	Run Club ● Outdoor				
18:45	Body Pump ● Studio 1	19:00	Run Club ● Outdoor	18:45	Aquafitness ● Piscina	19:00	AquaHiit ● Piscina				
19:00	Xpress Flash ● Fitness	19:00	Energy Bag ● Studio 2	19:00	Acrosport Junior ● Mind Body	19:30	HIPOPRESIVOS 30 ● Mind Body				
19:00	Aquafitness ● Piscina	19:30	Xpress Corepole ● Fitness	19:00	Body Combat ● Studio 1	19:45	Xpress Flash ● Fitness				
19:15	Spin Live ● V-Cycle	19:30	Ritmos Latinos ● Mind Body	19:30	Xpress Corepole ● Fitness	19:45	Body Pump ● Studio 1				
19:30	Yoga Align ● Studio 2	20:00	Body Balance ● Studio 2	19:30	Xpress Corepole ● Fitness	20:00	Yoga Strength ● Studio 2				
19:30	Pilates ● Mind Body	20:00	Global Training ● Studio 1	19:45	Body Jump ● Studio 1	20:00	Xpress Foam ● Fitness				
19:45	XCore ● Studio 1	20:00	Xpress Calistenia ● Fitness	20:15	Xpress Calistenia ● Fitness	20:15	Spin The Pack ● V-Cycle				
19:45	Xpress Core ● Fitness	20:15	Spin Live ● V-Cycle	20:15	Spin Live ● V-Cycle	20:45	Body Combat ● Studio 2				
20:15	Spin ● V-Cycle	20:15	Spin Live ● V-Cycle	20:30	Zumba ● Studio 2	20:45	Xpress Calistenia ● Fitness				
20:15	Xpress GAP ● Fitness	20:45	Xpress Core ● Fitness	20:45	Xpress Foam ● Fitness	21:15	Xpress TNT Fit ● Fitness				
20:45	Energy Bag ● Studio 1	21:00	XCore ● Studio 1	20:45	Xpress Foam ● Fitness						
21:15	Spin The Pack ● V-Cycle	21:00	XCore ● Studio 1	20:45	Body Pump ● Studio 1						
21:30	Krav Maga ● Studio 2	21:00	Pilates ● Studio 2	21:15	Spin ● V-Cycle						
				21:30	Krav Maga ● Studio 2						

● cardio ● fuerza ● cuerpo y mente

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