



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

● cardio ● fuerza ● cuerpo y mente

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