



# VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Zaragoza Aragonia

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO										
07:30	Spin	● V-Cycle	08:30	Espalda Sana	● Mind Body	07:30	Spin The Pack	● V-Cycle	09:00	Xpress Hipopresivos	● Studio 1	07:30	Spin Live	● V-Cycle	09:10	Yoga Align	● Mind Body			
09:15	Pilates	● Mind Body	09:00	Xpress Hipopresivos	● Studio 1	08:30	Freestyle	● Mind Body	09:15	Espalda Sana	● Mind Body	09:15	Espalda Sana	● Mind Body	10:10	Pilates	● Mind Body	10:10	Pilates	● Mind Body
09:30	Step	● Studio 1	09:30	Global Training	● Studio 1	09:15	Pilates	● Mind Body	09:30	Global Training	● Studio 1	09:30	Run Club	● Outdoor	10:15	Spin Live	● V-Cycle	10:15	Spin Live	● V-Cycle
10:00	Xpress TRX	● Fitness	09:30	TRX	● Mind Body	09:30	Body Pump	● Studio 1	10:00	Xpress GAP	● Fitness	09:30	Body Combat	● Studio 1	10:30	Energy Bag	● Studio 1	10:30	Energy Bag	● Studio 1
10:15	Pilates	● Mind Body	10:00	Xpress Core	● Fitness	10:15	Pilates	● Mind Body	10:15	Gymstick Pilates	● Mind Body	10:00	Xpress Core	● Fitness	11:10	Pilates	● Mind Body	11:10	Pilates	● Mind Body
10:30	Aquafitness	● Piscina	10:30	Zumba Gold	● Studio 1	10:30	Xpress Core	● Fitness	10:30	AquaLatino	● Piscina	10:15	Spin The Pack	● V-Cycle	11:15	Spin The Pack	● V-Cycle	11:15	Spin The Pack	● V-Cycle
10:30	Freestyle	● Studio 1	10:30	Body Balance	● Mind Body	10:30	Body Combat	● Studio 1	10:45	Spin	● V-Cycle	10:30	Body Balance	● Mind Body	11:30	Military Training	● Fitness	11:30	Military Training	● Fitness
10:45	Spin Live	● V-Cycle	10:45	Spin Live	● V-Cycle	10:30	Aquafitness	● Piscina	11:00	Pádel Training Avanzado	● Outdoor	10:30	Zumba	● Studio 1	11:30	Body Pump	● Studio 1	11:30	Body Pump	● Studio 1
11:00	Xpress Core	● Fitness	11:00	Xpress TRX	● Fitness	11:15	Espalda Sana	● Mind Body	11:00	Xpress Core	● Fitness	10:30	Aquafitness	● Piscina	12:30	Body Balance	● Mind Body	12:30	Body Balance	● Mind Body
11:15	Espalda Sana	● Mind Body	11:00	Pádel Training Iniciación	● Outdoor	11:30	Xpress Energy Bag	● Fitness	11:15	Yoga Align	● Mind Body	11:00	Xpress TRX	● Fitness	12:30	Boxeo	● Studio 1	12:30	Boxeo	● Studio 1
12:15	Espalda Sana	● Mind Body	11:30	Zumba	● Studio 1	11:30	Zumba Gold	● Studio 1	11:30	Xpress Hipopresivos	● Studio 1	11:30	Body Pump	● Studio 1						
14:15	Body Pump	● Studio 1	11:30	Gymstick Pilates	● Mind Body	12:15	Espalda Sana	● Mind Body	12:15	Espalda Sana	● Mind Body	11:30	Pilates	● Mind Body						
15:30	Pilates	● Mind Body	12:30	Yoga Strength	● Mind Body	12:15	Sevillanas	● Studio 1	14:15	Spin The Pack	● V-Cycle	12:30	Antigravity	● Mind Body						
16:50	GAP	● Studio 1	13:15	TNT Fit	● Studio 1	13:15	Danza Oriental	● Mind Body	15:00	Xpress Hipopresivos	● Mind Body	12:30	Ritmos Latinos	● Studio 1						
17:10	Xpress Hipopresivos	● Mind Body	14:15	Spin	● V-Cycle	14:15	Spin	● Studio 1	15:30	Body Combat	● Studio 1	14:15	TRX	● Mind Body	10:10	Pilates	● Mind Body			
17:45	Body Balance	● Mind Body	15:30	Global Training	● Studio 1	15:30	Body Balance	● Mind Body	17:00	Gymstick Pilates	● Mind Body	15:30	Pilates	● Mind Body	10:15	Spin Live	● V-Cycle			
18:00	Body Combat	● Studio 1	17:00	Xpress Hipopresivos	● Mind Body	17:00	Boxeo	● Studio 1	17:15	Global Training	● Studio 1	16:30	Danza Oriental	● Mind Body	11:15	Spin Live	● V-Cycle			
18:15	Spin Live	● V-Cycle	17:15	Body Pump	● Studio 1	17:30	Pilates	● Mind Body	18:00	Xpress Core	● Fitness	17:15	Body Pump	● Studio 1	11:30	Body Pump	● Studio 1			
18:30	Xpress Core	● Fitness	18:15	Global Training	● Studio 1	18:00	Body Pump	● Studio 1	18:00	Antigravity	● Mind Body	18:00	Spin Live	● V-Cycle						
18:45	Gymstick Pilates	● Mind Body	18:15	Xpress Core	● Fitness	18:15	Spin The Pack	● V-Cycle	18:15	Freestyle	● Studio 1	18:15	TNT Fit	● Studio 1						
19:00	Pádel Training Avanzado	● Outdoor	18:15	Espalda Sana	● Mind Body	18:30	Espalda Sana	● Mind Body	18:30	Spin Live	● V-Cycle	18:30	Body Balance	● Mind Body						
19:00	Body Pump	● Studio 1	18:30	Spin	● V-Cycle	18:30	Xpress Core	● Fitness	19:00	Espalda Sana	● Mind Body	18:30	Xpress Energy Bag	● Fitness	10:10	Pilates	● Mind Body			
19:15	Spin Live	● V-Cycle	19:00	Xpress Core	● Fitness	19:00	Zumba	● Studio 1	19:00	Xpress Core	● Fitness	19:00	Spin	● V-Cycle	10:15	Spin	● V-Cycle			
19:30	Xpress Energy Bag	● Fitness	19:15	Body Balance	● Mind Body	19:00	Pádel Training Iniciación	● Outdoor	19:15	Body Pump	● Studio 1	19:15	Kickboxing	● Studio 1	11:10	Pilates	● Mind Body			
19:45	Pilates	● Mind Body	19:15	Krav Maga	● Studio 1	19:15	Spin	● V-Cycle	19:30	Spin	● V-Cycle	19:30	Xpress Core	● Fitness	11:15	Spin Live	● V-Cycle			
20:00	Aquafitness	● Piscina	19:30	Spin Live	● V-Cycle	19:30	TRX	● Mind Body	20:00	Yoga Strength	● Mind Body	19:30	Pilates	● Mind Body	11:30	Body Pump	● Studio 1			
20:00	Freestyle	● Studio 1	20:00	Aquafitness	● Piscina	19:30	Xpress Energy Bag	● Fitness	20:00	AquaLatino	● Piscina	20:30	Krav Maga	● Mind Body						
20:15	Spin	● V-Cycle	20:00	Xpress Core	● Fitness	20:00	Body Combat	● Studio 1	20:00	Xpress Core	● Fitness	20:30	Xpress Core	● Fitness						
20:30	Xpress Core	● Fitness	20:15	TRX	● Mind Body	20:15	Spin Live	● V-Cycle	20:15	Boxeo	● Studio 1	20:30	Xpress Core	● Fitness						
20:45	Espalda Sana	● Mind Body	20:15	Run Club	● Outdoor	20:15	Body Balance	● Mind Body	20:15	Run Club	● Outdoor	20:30	Body Pump	● Studio 1						
21:00	Xpress Swim	● Piscina	20:15	Kickboxing	● Studio 1	20:30	Swim Club	● Piscina	20:30	Spin	● V-Cycle	21:00	Xpress Swim	● Piscina						
21:00	Energy Bag	● Studio 1	20:30	Spin Live	● V-Cycle	20:30	Xpress Core	● Fitness	21:00	TRX	● Mind Body	21:30	Xpress TRX	● Fitness						
21:15	Spin	● V-Cycle	21:15	Body Pump	● Studio 1	21:00	TNT Fit	● Studio 1	21:00	Xpress Core	● Fitness									
21:30	Xpress Core	● Fitness	21:15	Yoga Align	● Mind Body	21:00	Xpress Swim	● Piscina	21:05	Energy Bag	● Studio 1									
						21:15	Spin	● V-Cycle												

● cardio ● fuerza ● cuerpo y mente

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