



VIRGIN ACTIVE HEALTH CLUBS

Club: Gimnasio Zaragoza Aragonia

LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES		SÁBADO	
07:30	Spin ● V-Cycle	09:00	Xpress Hipopresivos ● Studio 1	07:30	Spin The Pack ● V-Cycle	09:30	Global Training ● Studio 1	09:30	Body Combat ● Studio 1	10:10	Pilates ● Mind Body
09:15	Pilates ● Mind Body	09:30	Global Training ● Studio 1	09:15	Pilates ● Mind Body	10:00	Xpress GAP ● Fitness	10:00	Xpress Core ● Fitness	10:15	Spin Live ● V-Cycle
09:30	Step ● Studio 1	10:00	Xpress Core ● Fitness	09:30	Body Pump ● Studio 1	10:15	Gymstick Pilates ● Mind Body	10:30	Zumba ● Studio 1	10:30	Energy Bag ● Studio 1
10:00	Xpress TRX ● Fitness	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	Body Pump ● Studio 1
10:15	Pilates ● Mind Body	10:45	Spin Live ● V-Cycle	10:30	Xpress Core ● Fitness	11:00	Xpress Core ● Fitness	11:00	Xpress TRX ● Fitness	12:30	Boxeo ● Studio 1
10:30	Freestyle ● Studio 1	11:00	Xpress TRX ● Fitness	11:30	Xpress Energy Bag ● Fitness	14:15	Spin The Pack ● V-Cycle	11:30	Pilates ● Mind Body		
10:45	Spin Live ● V-Cycle	11:30	Zumba ● Studio 1	15:30	Energy Bag ● Studio 1	17:15	Global Training ● Studio 1	17:15	Body Pump ● Studio 1		
11:00	Xpress Core ● Fitness	14:15	Spin ● V-Cycle	17:30	Pilates ● Mind Body	18:00	Xpress Core ● Fitness	18:00	Spin Live ● V-Cycle		
11:15	Espalda Sana ● Mind Body	17:15	Body Pump ● Studio 1	18:00	Body Pump ● Studio 1	18:15	Freestyle ● Studio 1	18:15	TNT Fit ● Studio 1	10:10	Pilates ● Mind Body
14:15	Body Pump ● Studio 1	18:15	Global Training ● Studio 1	18:15	Spin The Pack ● V-Cycle	18:30	Spin Live ● V-Cycle	18:30	Xpress Energy Bag ● Fitness	10:15	Spin Live ● V-Cycle
17:10	Xpress Hipopresivos ● Mind Body	18:15	Xpress Core ● Fitness	18:30	Xpress Core ● Fitness	19:00	Espalda Sana ● Mind Body	18:30	Body Balance ● Mind Body	11:30	Body Pump ● Studio 1
17:45	Body Balance ● Mind Body	18:30	Spin ● V-Cycle	18:30	Espalda Sana ● Mind Body	19:00	Xpress Core ● Fitness	19:30	Pilates ● Mind Body		
18:00	Body Combat ● Studio 1	19:00	Xpress Core ● Fitness	19:00	Zumba ● Studio 1	19:15	Body Pump ● Studio 1	19:30	Xpress Core ● Fitness		
18:30	Xpress Core ● Fitness	19:15	Body Balance ● Mind Body	19:15	Spin ● V-Cycle	19:30	Spin ● V-Cycle	20:30	Body Pump ● Studio 1	10:10	Pilates ● Mind Body
18:45	Gymstick Pilates ● Mind Body	19:30	Spin Live ● V-Cycle	19:30	Xpress Energy Bag ● Fitness	20:00	Xpress Core ● Fitness	20:30	Xpress Core ● Fitness	10:15	Spin ● V-Cycle
19:00	Body Pump ● Studio 1	20:00	Xpress Core ● Fitness	19:30	TRX ● Mind Body	20:15	Boxeo ● Studio 1	21:30	Xpress TRX ● Fitness	11:10	Pilates ● Mind Body
19:15	Spin The Pack ● V-Cycle	20:15	TRX ● Mind Body	20:00	Body Combat ● Studio 1	21:00	Xpress Core ● Fitness			11:30	Body Pump ● Studio 1
19:30	Xpress Energy Bag ● Fitness	20:15	Kickboxing ● Studio 1	20:15	Spin Live ● V-Cycle	21:00	TRX ● Mind Body				
19:45	Pilates ● Mind Body	20:30	Spin Live ● V-Cycle	20:30	Xpress Core ● Fitness						
20:00	Freestyle ● Studio 1	21:15	Body Pump ● Studio 1	20:30	Body Balance ● Mind Body						
20:15	Spin ● V-Cycle										
20:30	Xpress Core ● Fitness										
20:45	Espalda Sana ● Mind Body										
21:15	Spin ● V-Cycle										
21:30	Xpress Core ● Fitness										

● cardio ● fuerza ● cuerpo y mente

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