



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

DOMINGO

10:10	Pilates ● Mind Body
10:15	Spin Live ● V-Cycle
11:10	Pilates ● Mind Body
11:15	Spin Live ● V-Cycle
11:30	Body Pump ● Studio 1

FESTIVO

10:10	Pilates ● Mind Body
10:15	Spin ● V-Cycle
11:10	Pilates ● Mind Body
11:15	Spin Live ● V-Cycle
11:30	Body Pump ● Studio 1

● cardio ● fuerza ● cuerpo y mente

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