


| HORARIO | Lu/Mo/Lu/Mo | Ma/Di/Ma/Tue | Mi/Mi/Mer/Wed | Ju/Do/Thu/Jeu | Vi/Fr/Fr/Ven | Sa/Sa/Sa/Sa | Do/So/Di/Sun |
|---------------|---|-------------------------|--------------------------------------|-----------------------------|--------------------------------------|---------------------------------|--------------------------------------|
| 9:00 a 10:00 | Sala Libre Free Time | Sala Libre Free Time | SPINNING 09:00—9:45H | Sala Libre Free Time | Sala Libre Free Time | G.A.P. 9:00—9:45H | SPINNING 09:00—9:45H |
| 10:00 a 11:15 | Sala Libre Free Time | Sala Libre Free Time | TRAINING GOLD 10:00-10:45H | Sala Libre Free Time | TRAINING GOLD 10:00-10:45H | PILATES | TRAINING GOLD 10:00-10:45H |
| 11:15 a 12:00 | G.A.P. 11:15-12:00H | PILATES | Tonificación TONE UP | Tonificación TONE UP | G.A.P. 11:15—12:00H | Tonificación TONE UP | Tonificación TONE UP |
| 12:00 a 13:00 | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time |
| 13:00 a 14:00 | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time |
| 14:00 a 16:00 | CERRADO | CLOSED | CERRADO | CLOSED | CERRADO | CLOSED | CERRADO |
| 16:00 a 17:45 |  | | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time |
| 17:45 a 18:30 | | | SPINNING 17:45 -18:30H | Sala Libre Free Time | SPINNING 17:45-18:30H | SPINNING 17:45-18:30H | G.A.P. 17:45-18:30H |
| 18:30 a 19:00 | | | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time | Sala Libre Free Time |

***** Traer agua y toalla!! Wasser und Handtuch mitbringen!! Bring water and towel!! Water en handdoek meeneme!!**