

MACROFIT

LA LAGUNA

LUNES A VIERNES: 6:00 - 23:00 | SÁBADOS Y FESTIVOS: 8:00 A 20:00 | DOMINGOS: 9:00 A 15:00

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:15						
6:30	BODYPUMP		INDOOR WALKING		CXWORX	
6:45	FIT&CROSS®	CXWORX	FIT&CROSS®	GAP	FIT&CROSS®	
		FIT&CROSS®		FIT&CROSS®		
7:30	INDOOR WALKING		BODYPUMP		INDOOR WALKING	
8:00	FIT&CROSS®	BODYPUMP	FIT&CROSS®	CXWORX	FIT&CROSS®	
8:15	SPINNING		SPINNING		SPINNING	
8:30		FIT&CROSS®		FIT&CROSS®		
9:15	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	
	BODYPUMP	PILATES	BODYPUMP	BODYPUMP	BODYBALANCE	
9:30		INDOOR WALKING		INDOOR WALKING		
10:00		FIT&CROSS®		FIT&CROSS®		
10:15		BODYPUMP				
10:30	ZUMBA		GAP	CXWORX	ZUMBA	
11:00	INDOOR WALKING		SPINNING		INDOOR WALKING	
	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	
11:30		FIT&CROSS®		FIT&CROSS®		
	PILATES	ZUMBA	INDOOR WALKING	ZUMBA	GAP	
12:30	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	INDOOR WALKING	CXWORX	PILATES	BODYSTEP	INDOOR WALKING	
13:00						
14:30	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	BODYPUMP	SPINNING	CXWORX	SPINNING	BODYBALANCE	
15:00						
16:00	BODYPUMP		CXWORX		BODYPUMP	
16:30		FIT&CROSS®		FIT&CROSS®		
17:00	FIT&CROSS®	BODYPUMP	BODYSTEP	CXWORX	FIT&CROSS®	
17:15	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	
	CXWORX				BODYPUMP	
17:30	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	
		FIT&CROSS®		FIT&CROSS®		
18:00	FIT&CROSS®		FIT&CROSS®	ZUMBA	FIT&CROSS®	
18:15		ZUMBA	BODYPUMP			
18:30	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	
	BODYCOMBAT	FIT&CROSS®		FIT&CROSS®	BODYSTEP	
19:00	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	
	FIT&CROSS®	BODYPUMP	FIT&CROSS®	BODYSTEP	FIT&CROSS®	
19:15						
19:30	ZUMBA	FIT&CROSS®	ZUMBA	FIT&CROSS®	ZUMBA	
20:00	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	
	FIT&CROSS®		FIT&CROSS®	BODYPUMP	FIT&CROSS®	
20:15		CXWORX				
20:30	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING		
21:00	BODYPUMP	BODYSTEP	BODYBALANCE			

■ SALA ACTIVIDADES ■ SALA SPINNING ■ INDOOR WALKING ■ ZONA FUNCIONAL