

MACROFIT

ALISIOS

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
6:00						
6:45						
8:00			SPINNING			
8:30		FIT&CROSS®		FIT&CROSS®		
9:00	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	
9:15	INDOOR WALKING				INDOOR WALKING	
9:30	BODYPUMP	GAP	BODYCOMBAT	ZUMBA	BODYPUMP	
		INDOOR WALKING	SPINNING			
		FIT&CROSS®		FIT&CROSS®		
10:00	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	INDOOR WALKING
	ZUMBA	BODYPUMP	BODYPUMP	CXWORX	ZUMBA	
10:30	SPINNING	SPINNING	INDOOR WALKING	INDOOR WALKING	SPINNING	
		FIT&CROSS®		FIT&CROSS®		
11:00	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	INDOOR WALKING
11:15						
11:30	BODYBALANCE	FIT&CROSS®	CXWORX	FIT&CROSS®	BODYBALANCE	
12:00	FIT&CROSS®	SPINNING	FIT&CROSS®		FIT&CROSS®	
12:15		ZUMBA	ZUMBA	ZUMBA		
13:00						
14:30	BODYPUMP	CXWORX	BODYPUMP	INDOOR WALKING	BODYPUMP	
15:00						
16:00		PILATES		PILATES		
17:00	FIT&CROSS®					
	BODYPUMP	CXWORX	SPINNING	CXWORX	INDOOR WALKING	
17:15	INDOOR WALKING	FIT&CROSS®	CXWORX	FIT&CROSS®	BODYPUMP	
		INDOOR WALKING		INDOOR WALKING		
18:00	FIT&CROSS®		FIT&CROSS®	BODYPUMP		
		SPINNING		SPINNING	SPINNING	
18:15	ZUMBA	PILATES	ZUMBA			
	INDOOR WALKING		SPINNING			
18:30	SPINNING	FIT&CROSS®	INDOOR WALKING	FIT&CROSS®	BODYCOMBAT	
19:00	FIT&CROSS®	SPINNING	FIT&CROSS®	SPINNING	FIT&CROSS®	
				INDOOR WALKING	INDOOR WALKING	
19:15	BODYPUMP	ZUMBA	BODYATTACK	ZUMBA		
		FIT&CROSS®		FIT&CROSS®		
19:30	SPINNING	INDOOR WALKING	SPINNING		BODYPUMP	
20:00	FIT&CROSS®	SPINNING	FIT&CROSS®	SPINNING		
	BODYBALANCE	BODYCOMBAT	INDOOR WALKING	BODYSTEP		
20:15			ESCUELA DE BAILE LATINOS - CARIBEÑOS I*			
20:30	SPINNING				BODYBALANCE	
21:15	ESCUELA DE BAILE LATINOS - CARIBEÑOS P*	BODYPUMP	ESCUELA DE BAILE LATINOS - CARIBEÑOS P*	CXWORX		
21:30						

Escuela de baile P* (principiante) I* (intermedio)

■ SALA 1 ■ SALA SPINNING ■ INDOOR WALKING ■ ZONA FUNCIONAL