

MACROFIT

LAS PALMAS

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

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
6:00						
6:30	SPINNING	BODYPUMP	SPINNING	CXWORX	SPINNING	
7:00						
8:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
9:00	YOGA-PILATES		PILATES BÁSICO			
	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
9:15		BODYPUMP				
9:30	SPINNING			CXWORX	SPINNING	
10:00	ZUMBA		ZUMBA		ZUMBA	
10:30	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
		ZUMBA		ZUMBA		SPINNING
11:15	BODYPUMP		BODYPUMP		BODYBALANCE	
11:30		PILATES		PILATES		
12:30	YOGA-PILATES					
13:00						
13:30			BODYPUMP		BODYPUMP	
14:00						
14:30	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
	CORE	BODYPUMP	GAP	BODYPUMP		
15:00						
16:00						
17:00	ZUMBA		ZUMBA		BODYPUMP	
17:30	SPINNING	BODYPUMP	SPINNING	GAP		
18:00	CXWORX	SPINNING	BODYPUMP	SPINNING	SPINNING	
	FIT&CROSS®	FIT&CROSS®				
18:15					ZUMBA	
18:30	SPINNING	ZUMBA	SPINNING	ZUMBA		
19:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	STEP	SPINNING		SPINNING		
19:15			AEROBOXING			
19:30	SPINNING	GAP	SPINNING	PILATES	BODYBALANCE	
20:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®		
		SPINNING		SPINNING		
20:15	ZUMBA		ZUMBA			
20:30		TOTAL TRAINING		CORE		
20:45	SPINNING		SPINNING			
21:00						
21:15						

■ SALA ACTIVIDADES ■ SALA SPINNING ■ ZONA FUNCIONAL