

MACROFIT

ARRECIFE

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						
6:30		SPINNING		INDOOR WALKING		
6:45	FIT&CROSS®		FIT&CROSS®		FIT&CROSS®	
8:00	SPINNING	FIT&CROSS®	SPINNING	FIT&CROSS®	INDOOR WALKING	
9:00		ZUMBA		ZUMBA		
9:00	MACRO-SUSPENSION	MACRO-SUSPENSION	MACRO-SUSPENSION	MACRO-SUSPENSION	MACRO-SUSPENSION	
9:15		INDOOR WALKING		INDOOR WALKING		
10:00	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYCOMBAT	BODYPUMP	
10:00						
10:15	PILATES	PILATES	PILATES	PILATES	PILATES	
10:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING
11:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	INDOOR WALKING		INDOOR WALKING			
11:30	TONIFICACIÓN - GAP	TOTAL TRAINING	CORE	TONIFICACIÓN - GAP	TOTAL TRAINING	BODYPUMP
12:00		INDOOR WALKING		INDOOR WALKING		
13:00		FIT&CROSS®		FIT&CROSS®	FIT&CROSS®	
13:30	SPINNING		SPINNING		SPINNING	
14:00						
15:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
15:15		SPINNING		INDOOR WALKING		
15:30	BODYPUMP		TONIFICACIÓN - GAP		BODYPUMP	
16:00						
17:00	MACRO-SUSPENSION	MACRO-SUSPENSION	MACRO-SUSPENSION	MACRO-SUSPENSION		
	BODYPUMP	BODYCOMBAT	BODYPUMP	BODYPUMP		
17:15		CORE		CORE		
	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING		
17:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
18:00	BODYATTACK	BODYPUMP	TONIFICACIÓN - GAP	BODYCOMBAT	BODYPUMP	
18:15	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	
	ZUMBA	PILATES	ZUMBA	PILATES	ZUMBA	
18:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
19:00	BODYPUMP	ZUMBA	BODYPUMP	ZUMBA	BODYCOMBAT	
19:15	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	
	BODYCOMBAT	BODYATTACK	BODYCOMBAT	BODYATTACK	PILATES	
19:30	SPINNING	SPINNING	SPINNING	SPINNING	SPINNING	
20:00	ZUMBA	BODYPUMP	ZUMBA	BODYPUMP	BODYPUMP	
20:15	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING	INDOOR WALKING		
20:30	PILATES	PILATES	PILATES	PILATES	PILATES	
	SPINNING	SPINNING	SPINNING	SPINNING		

■ SALA 1 ■ SALA 2 ■ SPINNING ■ INDOOR WALKING ■ FUNCIONAL ■ PISCINA