

MACROFIT

CASTILLO

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						
6:15	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
6:30		SPINNING	INDOOR WALKING			
8:00						
8:15	SPINNING	INDOOR WALKING	SPINNING	INDOOR WALKING	SPINNING	
8:30	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
9:00						
9:30	BODYPUMP FIT&CROSS®	SPINNING GAP FIT&CROSS®	BODYPUMP FIT&CROSS®	SPINNING GAP FIT&CROSS®	INDOOR WALKING TOTAL FIT FIT&CROSS®	
10:00						
10:30	INDOOR WALKING		INDOOR WALKING		STREACHING30	SPINNING
10:45		ZUMBA		ZUMBA		
11:00		INDOOR WALKING				
11:15	ZUMBA		ZUMBA			
11:30					ZUMBA	
11:45				STREACHING30		
12:00	SPINNING		SPINNING		SPINNING	INDOOR WALKING
12:30		INDOOR WALKING		INDOOR WALKING		
13:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	FIT&CROSS®	
14:00	SPINNING	SUPERFUNCIONAL	INDOOR WALKING	SUPERFUNCIONAL	INDOOR WALKING	
15:00						
16:00						
17:00	FIT&CROSS® SPINNING	FIT&CROSS® INDOOR WALKING	FIT&CROSS® SPINNING	FIT&CROSS®	FIT&CROSS®	
17:15	GAP	BODYPUMP	BODYPUMP			
17:30				CXWORX	CXWORX	
18:00	FIT&CROSS® INDOOR WALKING	FIT&CROSS® INDOOR WALKING	FIT&CROSS®	FIT&CROSS® INDOOR WALKING	FIT&CROSS® INDOOR WALKING	
18:15		BODYPUMP	SPINNING	BODYBALANCE		
18:30	SPINNING BODYPUMP	SPINNING		SPINNING	SPINNING	
19:00	FIT&CROSS®	FIT&CROSS® INDOOR WALKING	FIT&CROSS® INDOOR WALKING	FIT&CROSS®	FIT&CROSS®	
19:15		ZUMBA		ZUMBA		
19:30	SPINNING YOGA-PILATES	SPINNING	SPINNING	SPINNING		BODYBALANCE
20:00	FIT&CROSS®	FIT&CROSS®	FIT&CROSS® INDOOR WALKING	FIT&CROSS®	FIT&CROSS®	
20:15		CXWORX				
20:30	SPINNING			BODYPUMP		
20:45		BODYBALANCE				
21:00						

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