



2026

HORARIOS DE CLASES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
07:00 - 08:00	Fitness Force	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Entrenamiento Pers.	
08:00 - 09:00	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	Fitness Force	Entrenamiento Pers.	
09:00 - 10:00	Bungee	Cross Training	Cross Training	Spinning	Cross Training	Bungee
10:00 - 11:00	Cross Training	Bungee	Bungee	Cross Training	Bungee	Fitness Force
11:00 - 12:00	Spinning	Cross Training	Cross Training	Bungee	Cross Training	Cross Training
12:00 - 13:00	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.	Entrenamiento Pers.
15:00 - 16:00	Cross Training Spinning	Cross Training	Entrenamiento Pers. Fitness Force	Entrenamiento Pers.	Entrenamiento Pers. Fitness Force	
16:00 - 17:00	Vital Kids Fitness Force	Entrenamiento Pers. Fitness Force	Vital Kids Spinning	Spinning Cross Training	Vital Kids Fitness Force	
17:00 - 18:00	Cross Training	Bungee Kids Spinning	Entrenamiento Pers.	Bungee Kids Fitness Force	Cross Training	
18:00 - 19:00	Cross Training	Bungee	Cross Training	Cross Training	Cross Training	
19:00 - 20:00	Bungee	Cross Training	Cross Training	Bungee	Bungee	
20:00 - 21:00	Entrenamiento Pers.	Entrenamiento Pers.	Bungee	Entrenamiento Pers.	Entrenamiento Pers.	
21:00 - 22:00	Entrenamiento Pers.	Cross Training	Cross Training	Entrenamiento Pers.	Entrenamiento Pers.	

- SALA BUNGEE
- SALA MULTIUSOS EMS
- SALA SPINNING
- ZONA CROSS TRAINING

FORCE = CON EMS
 FUNCIONAL= SIN EMS

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