



// HORARIOS DE CLASES

20 de Julio a 15 de Agosto 2026

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

FORCE = CON EMS
FUNCIONAL= SIN EMS

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